

*Improve your sense of
well-being through...*

Mindfulness

- ★ Learn to be more present in each moment of your day
- ★ Cope more effectively with stress and anxiety
- ★ Rediscover your natural happiness and vibrant self

Pat Elliott is a well-qualified
and experienced teacher
of this clinically
trialled, 8 week
Mindfulness Stress
Reduction course

The next course starts on
Tuesday 7th February 2017, at the Leigh Community Centre,
Elm Road, Leigh-on-Sea,
from 6.30 to 8.30pm, and then every Tuesday evening
until 28th March.

The price remains at £150, concessions £100 and no hidden extras.

For further information, and an application form visit
www.southend-mindfulness.co.uk
or contact Pat Elliott at, p.elliott7@sky.com

