



Mindfulness for Health Course

On five Sundays (dates overleaf)

With St Michael's Staff Nurse and Breathworks Mindfulness Practitioner Mark Brothers

Beginning Sunday 31st March 2019

Life can be challenging, especially if we are living with pain and acute or chronic health problems and the accompanying stresses.

Finding the simple pleasures that can sustain and provide meaning to how we experience our daily lives can feel like an uphill battle.

With a Mindfulness approach, we can learn helpful ways to cope with difficulties, and find and appreciate the pleasures of the everyday moment.

This course is open to anyone with health concerns.



Charity No. 511179

Mindfulness for Health Course

We are delighted that Breathworks is partnering with St Michael's Hospice to offer these courses, which enables us to keep the cost to a reasonable fee. This makes the course available to many people living with challenging health and associated stresses, irrespective of financial means.

Course participants are required to cover the cost of their course materials which are £46. This includes the textbook 'Mindfulness for Health', CDs/downloads, course handbook and handouts.

**For more information and to discuss booking a place, please contact
Staff Nurse Mark Brothers on 01432 851 000
or email mindfulness@smhospicehereford.org**

Sunday 31st March 1:30-5:30pm

Sunday 14th April 1:30-5:30pm

Sunday 28th April 1:30-5:30pm

Sunday 12th May 11am-5:30pm *(please note earlier start time)*

And our last session, just one week later...

Sunday 19th May 2-4pm *(please note later start time)*

**St Michael's Hospice
Bartestree
Hereford
HR1 4HA**

**Tel: 01432 851 000
st-michaels-hospice.org.uk
breathworks-mindfulness.org.uk**

