

Would you like to improve your health,
well-being and quality of life in general?
Why not learn about Mindfulness?

Research has shown people who are mindful are happier, healthier and less likely to experience depression and anxiety. Regular practice increases immunity and brain function, and could help with Alzheimer's and dementia.



8 week course for parents 'Introduction to Mindfulness'
Westfield Primary School, Berkhamstead HP4 3JP

Tuesdays Sept. 12th 19th 26th Oct. 10th 17th Nov. 14th 21st 28th
7.00pm to 8.00pm £50 per person, more details at

www.MindfulHerts.com

Price includes worksheets, recordings and refreshments.
Contact Mel to book your place: 07939817676 ,
email MindfulHerts@gmail.com for further details.

All welcome, all can benefit by learning simple techniques
and exercises to train our brains and increase awareness.

Mindful Herts 

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