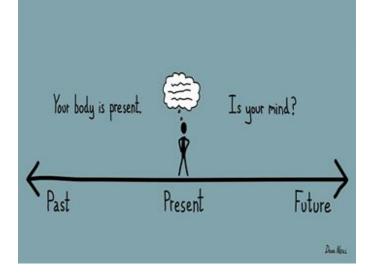


A Mental Health Resource Service for Cardiff and The Vale

## Mindfulness

Delivered by 4Winds on Tuesday 1<sup>st</sup> August 5.30pm to 7.30pm at ASDA Community Room, Cardiff Bay Store, Ferry Road Retail Park, CF11 0JR

"Mindfulness helps us to realise the
importance of living in the present moment by
being aware of our thoughts, feelings and
bodily sensations in a gentle and nurturing way,
rather than reliving negative memories from
the past or perceived disasters in the future."



Come and join

us for a session

If you are interested, you will need to register. Please contact us on Tel: 02920388144 or Email: contact@4winds.org.uk

SIGN UP