

# FREE 5 WEEK ONLINE COURSE!



Fully funded  
for adults  
aged 19+

## Mindful Living

Learn Mindfulness practices to help manage stress, anxiety and low mood and enhance your general wellbeing.

- Develop your ability to move from chaos to calm.
- Delivered online in a small group by an experienced Instructor.
- Open to adults aged 19 or over.

Zoom sessions will take place on the following Wednesdays:  
16<sup>th</sup>, 23<sup>rd</sup>, 30<sup>th</sup> September & 7<sup>th</sup> & 14<sup>th</sup> October  
1.30 – 3.30pm

To find out more or to book:  
call: 030 300 38212  
email: [community.info@escg.ac.uk](mailto:community.info@escg.ac.uk)

