



Kensington and Chelsea Over 50s Forum

Supporting older people for over 20 years to remain independent and healthy

Practicing Mindfulness techniques will help you to cope better with anxiety in times of stress and improve your overall well-being. The inner calm and perspective that we gain from mindfulness will lead to greater clarity of thought and allow us to make rational decisions as opposed to reacting automatically

Free 8 Week Mindfulness Course

We are living through an unprecedented and uncertain time, requiring each of us to navigate our way, as best we can, through a rapidly evolving global health crisis

Duration: 8-Week Course

Days/time: Thursdays from 11am - 12.30pm

When: October 29th – December 17th 2020

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Quotes from some of the learners in the last course:

"This course has been a great support, especially at this time. It has been an anchor each week where I can share things and practice meditation and relaxation techniques".

"The course has helped me to cope better with isolation and the strains of lockdown. It was good to have a regular meeting with people and get to know them over the eight weeks"

"Liz was such an excellent tutor who was encouraging, took time to listen to us all and you felt you were in the hands of someone who really knew what she was talking about".

"I now have some tools I can use to cope with difficult situations and emotions. I am sleeping better, I look better, I can work better-that is no small thing"

"I wish other people could try the course and see what the power of mindfulness can unleash".

Coach: Elizabeth Hooper,
Mindfulness and Wellbeing
Coach. CThA accredited with
over ten years' experience

If you wish to **book a place**
or require further information
please contact
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Supported by the
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