



FREE ONLINE COURSE FOR UNISON  
EAST MIDLANDS MEMBERS

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# INTRO TO MINDFULNESS

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6 & 13 DECEMBER 1.30 - 4.30  
VIA ZOOM

An introduction to Mindfulness and its many benefits. The course includes:

- Understanding what Mindfulness is
- How to use Mindfulness techniques in everyday life
- How Mindfulness can help you live a more balanced life

To apply please email [LMD@unison.co.uk](mailto:LMD@unison.co.uk) stating: Your name, membership number (or home address), course title, details of any facilitation needs, and an email address and contact number to be shared with the course provider