



FREE ONLINE COURSE FOR UNISON
EAST MIDLANDS MEMBERS

INTRO TO MINDFULNESS

3 & 10 OCTOBER 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 visit

<https://eastmidlands.unison.org.uk/members/>