



FREE ONLINE MINDFULNESS COURSES

Four-week introductory courses exploring what mindfulness is and how it can support and help you in everyday life.

Each session will introduce a different practice and touch on various aspects of mindfulness, such as the body scan and mindful eating.

**Open to
parents of 5-12
year olds
in the Fermanagh,
Omagh and Southern
Health Trust
areas**



**These courses
are delivered
via Zoom.
Places are limited
so book now!**

Monday 18 January 2021 10am-12pm for 4 weeks

OR

Monday 18 January 2021 7-9pm for 4 weeks

For more information or to register, please email

Sharon@aware-ni.org

Part of the



In partnership with

