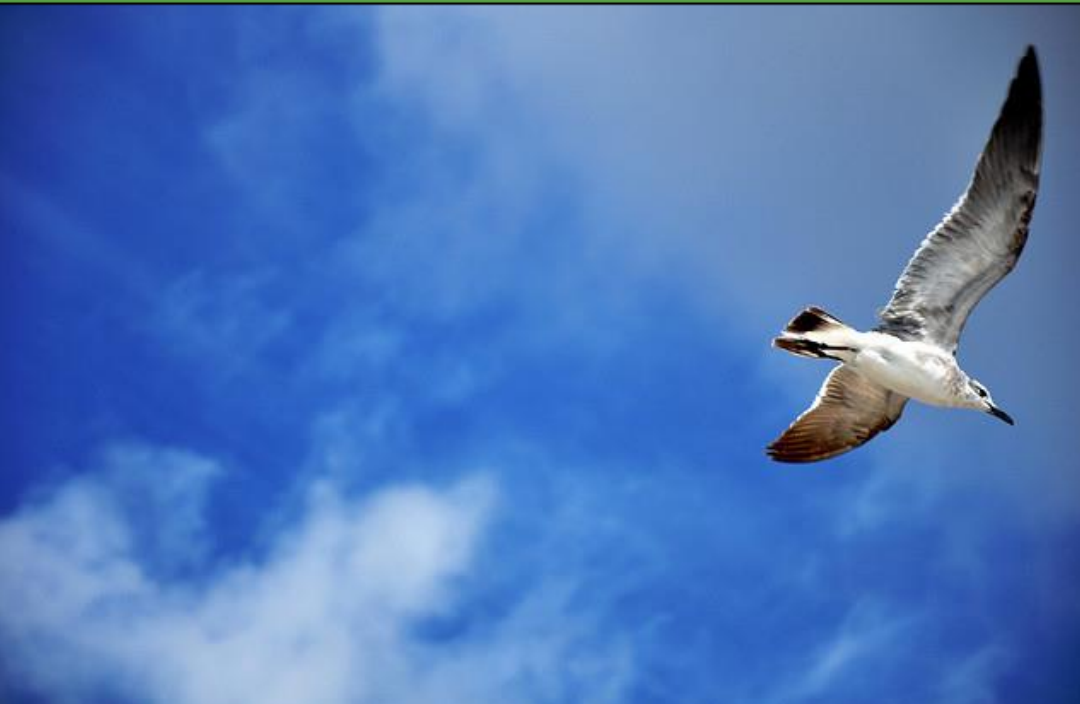


Relaxation through Mindfulness



smile:)MK

www.milton-keynes.gov.uk/smile

If you suffer from mild to moderate depression, anxiety or sleep disorders then Smile:)MK may be able to help. By providing you with access to **free courses** we aim to support your mental wellbeing and help get you on the road to recovery.

This course will help you to use Mindfulness as a method for helping you to relax.

This course will help you:

- ✓ Start to improve your physical health (e.g. reduce blood pressure and improve sleep)
- ✓ manage stress and anxiety and help maintain good mental health
- ✓ identify a suitable relaxation technique that works for you
- ✓ explore what stops you relaxing and build a personal plan to build relaxation in to a busy life
- ✓ create a space for relaxation at home

Dates: Friday 24th February – 31st March 2017

Times: 10am to 11.30 am

Venue: Adult Education, CLMK Rivers Centre, Humber Way, Bletchley, MK3 7PH

Any concerns?

If you feel a bit nervous, don't worry – everyone feels like this at first! It's a really supportive environment and your tutor will soon put you at ease.

For more information or to book a place please contact Adult Education on 01908 556700 or email Jane.sharp@milton-keynes.gov.uk