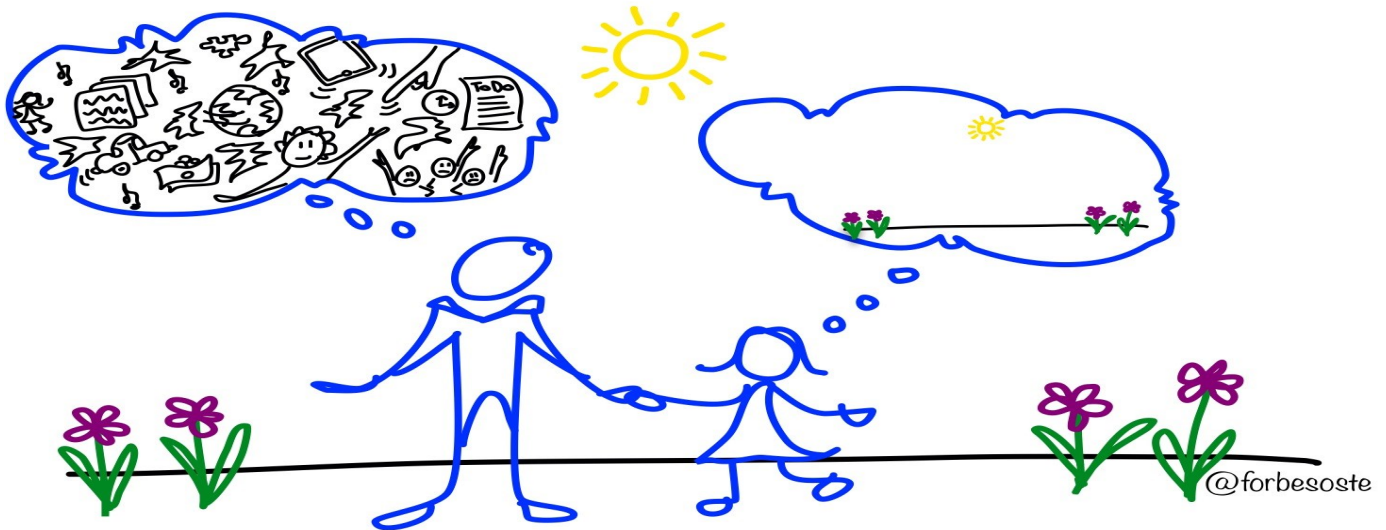


# Mind Full, or Mindful?



## Mindfulness

It can be easy to rush through life without stopping to notice much.

Paying more attention to the present, to your own thoughts and feelings, and to the world around you, can improve your mental wellbeing.

Some people call this awareness "mindfulness"

"Mindfulness can help us enjoy life more and understand ourselves better"

(NHS Choices)

Why not come along and join us for  
**Relaxation and Mindfulness  
Drop-In Classes**

*Thursdays*

@ The Annexe HLC

**Nov 1st – Dec 6th 2018**

**2pm to 4pm**

**£2**

Registered Charity: SC002491  
Company Number : SC215070  
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