



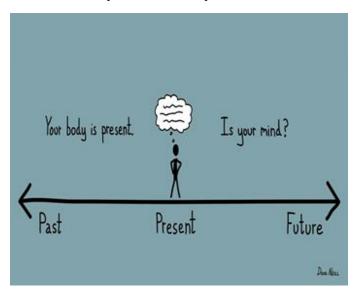
A Mental Health
Resource Service for
Cardiff and The Vale

Mindfulness

Delivered by 4Winds on Tuesday 1st August 5.30pm to 7.30pm at ASDA Community Room, Cardiff Bay Store, Ferry Road Retail Park, CF11 0JR

"Mindfulness helps us to realise the

importance of living in the present moment by being aware of our thoughts, feelings and bodily sensations in a gentle and nurturing way, rather than reliving negative memories from the past or perceived disasters in the future."





If you are interested, you will need to register. Please contact us on Tel: 02920388144 or Email: contact@4winds.org.uk