

Come and join
us for a session



**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

