



AWARE is delighted to announce that we are launching a series of free online 'Introduction to Mindfulness' sessions for adults 18+ in partnership with the Community Foundation for Northern Ireland and Bank of Ireland.

If you are feeling stressed or anxious at the minute, mindfulness can be a really good way to make yourself feel better.

The sessions begin on Monday 11<sup>th</sup> May 2020 and there will be two daily zoom sessions running Monday – Friday for 12 weeks. These sessions are delivered by professional mindfulness practitioners and you can attend as many or as little as you want.

To register to attend and to find our further details in relation to the benefits of mindfulness and the dates/times of sessions view the AWARE website <https://www.aware-ni.org/intro-to-mindfulness>

If you have any questions or have difficulty in registering for sessions email [stephanie@aware-ni.org](mailto:stephanie@aware-ni.org)

**AWARE**  
OVERCOMING DEPRESSION.  
CHANGING LIVES.

**INTRODUCTION TO MINDFULNESS**

**Free Online Mindfulness Sessions**

AWARE is delighted to offer a series of free online mindfulness sessions, delivered by professional mindfulness practitioners...

• Anne Costello • Veronica Ellis • Caroline Stewart •

There will be two daily Zoom sessions running Mon-Fri for 12 weeks Starting Mon 11th May

**Register Now!**  
[aware-ni.org/intro-to-mindfulness](https://www.aware-ni.org/intro-to-mindfulness)

In partnership with...

 The Community Foundation for Ireland  
We believe in a fair, caring and vibrant Ireland for now and the future.

 Bank of Ireland

**For info, please email:**  
[stephanie@aware-ni.org](mailto:stephanie@aware-ni.org)