

Inspire Learning

Nottinghamshire



In partnership with

Tu Vida



Nottinghamshire
Carers Hub

Mindful Care in May

One session a week in May

Time: All sessions, 1pm-3pm

Zoom (email link sent the day before each session)



This programme is free for County Carers

- Week 1** *Wednesday 3rd May*
Mindfulness
- Week 2** *Wednesday 10th May*
Better Sleep Techniques
- Week 3** *Wednesday 17th May*
Breathing Techniques
- Week 4** *Wednesday 24th May*
Meditation

To book your free place, call 0115 824 8824 or
Email nottinghamshirehub@tuvida.org

This 4 week course will provide a non-judgmental, supportive environment for you to explore ways to manage life's challenges.

 @InspireLearningSkills  @Learn_Inspire

To find out more, visit www.inspireculture.org.uk/learning or call 01623 677 200