

# FREE MINDFULNESS SESSIONS

## at Healthy Me Healthy Communities, Gorton Community Centre

*Do you have pain, disability, stress, or chronic illness?  
Or are you a Manchester carer looking for wellbeing support?*

Free support for wellbeing and living well



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### New – Introductory session

Get a taste of mindfulness, for managing your health, your energy and your mood, and find out more about our full course.

Tuesday 31 Jan, 10- 11.30 am

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### ‘Take Back Your Life’ Mindfulness Course

6-week courses for better quality of life with health issues and stress, including:

- meditations to help with rest, calm and mood
- gentle mindful movements for mobility
- help with energy and fatigue

Tuesday mornings from 7 Feb- 14 March, 10am- 12.30pm

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*"[The course is] very welcoming and non-judgemental. It's better than what I expected. It just lifts your spirits. You don't have to hide - you are all in it together. By lifting each other and encouraging each other you feel stronger and you can get through your day a bit more. Very educational about your thinking process and how to manage pain. I've never been so calm." Past course participant*

Breathworks is a Manchester charity supporting people with pain, illness and stress for more than 20 years. Breathworks' resources are recommended by the British Medical Association and the NHS Books on Prescription scheme.

To find out more and book a FREE place:

Contact Karen or Colin: 0161 834 1110 or [info@breathworks.co.uk](mailto:info@breathworks.co.uk)

[www.breathworks-mindfulness.org.uk](http://www.breathworks-mindfulness.org.uk)

