SIT, BREATHE, REPEAT

Using Mindfulness and other stress-busting techniques to find calm in the chaos

Friday 11 October, 18:30-19:45
Waterstones, Rose Lane, Canterbury

Lorraine Millard, experienced counsellor, author and mindfulness trainer shares practical tips of using mindfulness to cope in today's fast paced world

Part of World Mental Health Day activity at The University of Kent
www.kent.ac.uk/studentsupport/events
#WorldMentalHealthDay2019 #EnhanceYourWellbeing