

MINDFULNESS

Mindfulness is a way of learning to relate directly to whatever is happening in your life, a way of taking charge of your life, a way of doing something for yourself that no one else can do for you — consciously and systematically working with your own stress, pain, illness, and the challenges and demands of everyday life.

The event will be led by

Sarah Talbot MBACP (Accredited) Diploma in Counselling,

Tuesday, 17th June 2014

11am to 12:15

**PRESTBURY METHODIST CHURCH
Macclesfield Road, Prestbury**

BOOK YOUR PLACE by phoning us to confirm attendance

Tel. No.: 07981 899526

Email: macchelp@googlemail.com



OUR AIM

- ◆ We aim to provide friendship, help, information and support, and a range of complementary therapies for our visitors.
- ◆ We aspire to be inclusive of those who may be living with cancer or who are in remission, whatever your beliefs.
- ◆ We also welcome family, friends and carers who are supporting them; we recognise that they too may need support.