

Reduce stress, anxiety & improve your quality of life

# Mindfulness in Nature

Enjoy learning mindfulness in the beautiful River Park

**FREE 8 Week Mindfulness Courses**

Tuesdays 9.30am - 11.30am Starts 30 April and 9 July

## Port Sunlight River Park



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### Benefits of Mindfulness

Lowers blood pressure

Improves sleep

Reduces stress and anxiety

Booking in Advance ESSENTIAL as places limited.

To book contact Anne 07587 550060

Enquiries to: [river.park@autismtogether.co.uk](mailto:river.park@autismtogether.co.uk)

[www.friendsofpsrp.org](http://www.friendsofpsrp.org)

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