

# Mindfulness for Wellbeing



***A free 8 week course for partners of people with Aphasia.***

*This is an online group Mindfulness course delivered by accredited Mindfulness Teacher & Speech Language Therapist, Melissa Delaux.*

*Via live video conferencing, Melissa will teach you to use meditation and mindfulness techniques to help you relax and manage stress.*

*You will also get the opportunity to meet other people around NZ caring for someone with Aphasia.*

***When: Weekly 1 hour sessions beginning August 2020.*** Day of the week and time TBC-please let us know your availability.

*For more information or to register, please contact Aphasia NZ*  
*info@aphasia.org.nz*

*07 220 9973*