

# Mindfulness Workshop

## Learn:

- Health benefits of mindfulness & meditation and how it can be useful for managing carer stress.
- How to incorporate Mindfulness skills into daily life
- Basic skills of how to meditate
- How to develop kindness & compassion to self and others
- How to use Mindful movement to help manage stress

**\*Receive a carer resource handout  
after the workshop\***

**On: Thursday,  
10<sup>th</sup> August at  
10.00am  
Via Zoom**

To register, please  
contact Nicole Zwarts

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*giving a voice to people with aphasia*