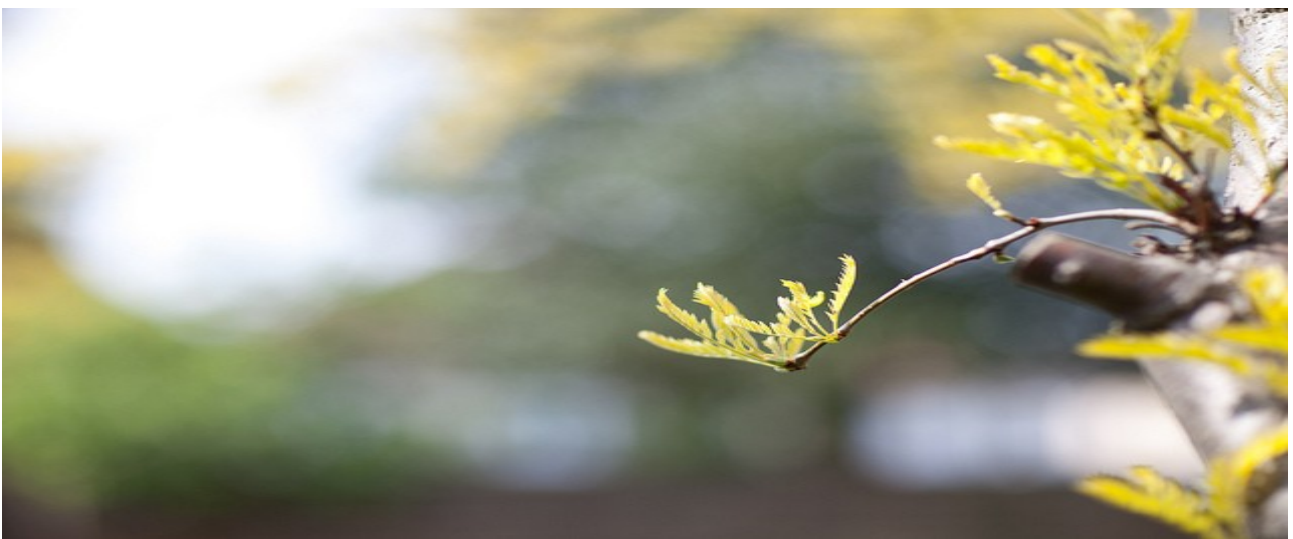


# Mindfulness

Funded by Sevenoaks District Council and North Kent Mind

**Do you suffer from Depression and/or Anxiety?**

**Mindfulness can help you to learn effective ways of coping with stress, and become more mindful in your every day life.**



**North Kent Mind are holding a free 7 week course for people living in the Swanley area. Every Tuesday from 21st August — 2nd October 2018, 2 - 3.30pm at The Alexandra Suite, St Mary 's Road, Swanley, BR8 7BU**

**If you are interested in attending please contact:**

**[suecarter@northkentmind.co.uk](mailto:suecarter@northkentmind.co.uk) or call 01322 291380**

