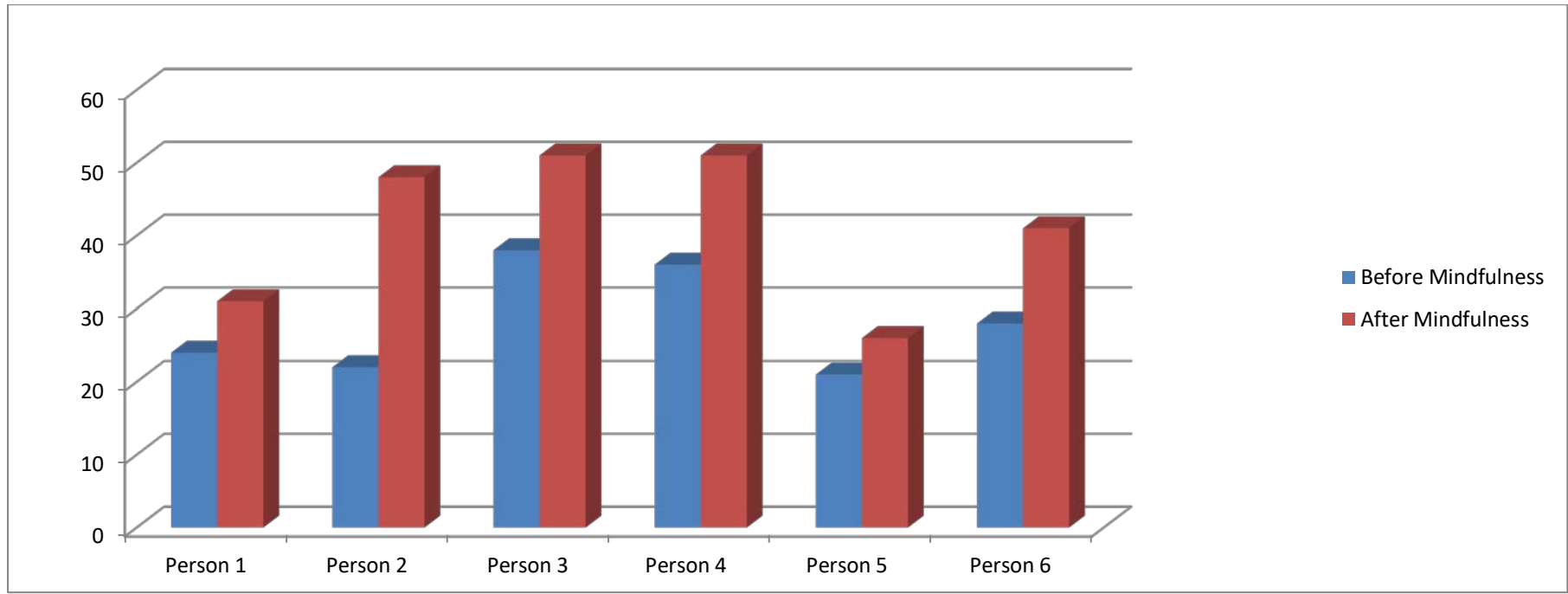


## Mindfulness Results 2016-2017



53 x 2hours per week = 106 hours of support

“This course has helped me to be more aware of my mind and thoughts and feelings. I also try to remember to eat slower and chew properly. I’m a bit more aware of what’s going on around me as a result of Mindfulness. The course was very helpful and interesting”

“I’ve felt so excited coming every week – like a kid in a sweet shop!”

“I found the class great. I’ve brought Mindfulness into my life and feel like a new person through it. I’m more relaxed, less stressed and more understanding towards people.”

“This has been the best course I have been on. It has really helped my stress and I feel like a weight is off my shoulders. I feel much more positive, happy and content. It’s been a wonderful experience with a lovely, friendly group and teacher...thank you...I will keep on being mindful.”

“I’m aware that I’m aware!”

“I’m eating slower now.”

“I want to keep on doing it.”

“I’ve got the tools to help myself now”

“It’s been lovely to meet new and different people.”

“I found it great – out in new company – it’s helped me a lot.”

Mindfulness was very interesting and a nice group of people