

MINDFULNESS BASED STRESS REDUCTION FOR CARERS

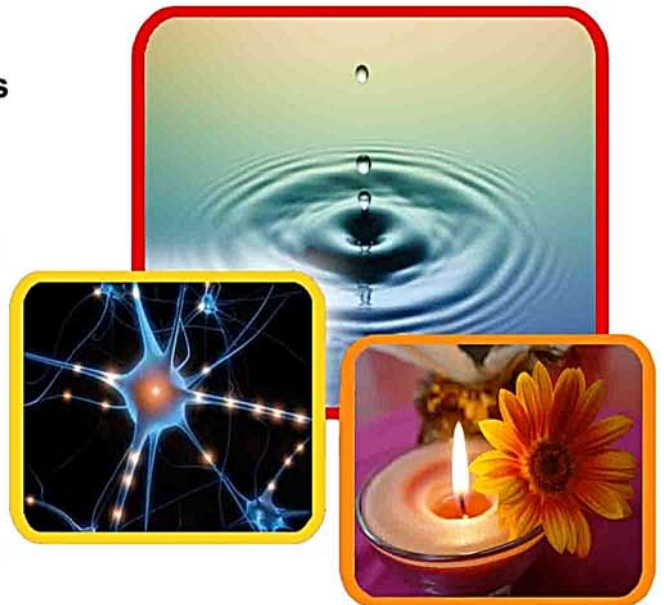


Who 'cares for Carers' in Barnet?

Eclipse will be delivering two **FREE 8 week courses** to address the important and growing needs of this community.

These evidence-based programmes use the wisdom of **Mindfulness** to help people with the demands and challenges of care giving.

Sessions will last 2.5 hours. Everyone taking part in this course will need to carry out daily practice on the techniques of Mindfulness, which include movement, walking, sitting and personal awareness.



Details of Courses

MBSR Course 1 starts: Wednesday 10th Sep Time: from 2 - 4.30 pm

MBSR Course 2 starts: Thursday 25th Sep Time: from 2 - 4.30 pm

Venue: **Barnet Carers Centre - 303 Ballards Lane - North Finchley N12 8NP**

Are you a Carer? Are you ready for a unique opportunity? Join us!

For info contact Marina

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