



FREE MINDFULNESS WORKSHOP

FOR ALL GPs, PMs, ADMIN AND NURSES
FREE CPD

This workshop will aim to help participants to reflect on their understanding of mindfulness through experimental learning and from there, can consider how to best use mindfulness both within a personal and professional capacity.

The workshop is ran by Niki Trenchard, a Cognitive Behavior Psychotherapist, with over 26 years experience



DATE & VENUE

WEDNESDAY 25TH SEPTEMBER 2019

18:30 - 21:00

**DERBY AND DERBYSHIRE LMC, NORMAN HOUSE,
FRIAR GATE, DERBY, DE1 1NU**

LIGHT REFRESHMENTS PROVIDED

