



Free: Mindfulness Taster Sessions for Nurses and Midwives

- Friday 10th Jan 2020 - 3pm-4pm QEUH Mat Unit, seminar room ground floor
- Monday 13th Jan 2020 – 1230-130pm RAH Boardroom
- Thursday 16th Jan 2020 – 11am -12md QEUH Mat Unit, seminar room ground floor
- Friday 17th Jan 2020 –9am-10am PRM, seminar room level 2

The 1 hour Session Explains:

- What 'Mindfulness' means
- Outline the benefits you can experience
- How to do it
- The evidence base
- How it works
- Answer any questions

The Session Provides:

- A wellbeing opportunity for nurses and midwives to experience a method of self care for resilience
- Insight into a new life skill

Please register for the session using eESS:

*Search for course under SG999 NHS Greater Glasgow & Clyde, Personal Development, Mindfulness Taster Session

FREE COURSE: following the taster session you will have the opportunity to join an 8 week mindfulness based stress reduction course.

(Attending the Taster session is essential before applying for the 8 week course)

The Mindfulness session is facilitated by Mindfulness Scotland who are working in partnership with NHSGGC's NMAHP's Directorate