



Aberdeen City Health & Social Care Partnership  
*A caring partnership*



**Multicultural**  
Health & Wellbeing Forum



## MINDFULNESS MONDAYS

Take a break from your desk or from the stress of the day and join us for a calming

### Mindfulness Meditation Session

*Mindfulness can help you to:*

- \* relax your body and mind.
- \* deal with stress
- \* help with sleeping difficulties
- \* improve your health and wellbeing

Taught by Ven Sujan, an experienced Buddhist monk from Nepal and other trained practitioners from the Varapunya Meditation Centre

### Meeting Room 4, Aberdeen Health Village

Monday 29<sup>th</sup> January

Monday 26<sup>th</sup> February

Monday 26<sup>th</sup> March

Monday 30<sup>th</sup> April

Monday 28<sup>th</sup> May

Monday 25<sup>th</sup> June

Community (everyone is welcome) at 11 am - 12 pm  
Aberdeen City Partnership Staff 12.15 pm - 12:45 pm

Places are limited, so **booking is essential!**

Please contact [graham.fleming@nhs.net](mailto:graham.fleming@nhs.net)