



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 30th July

Monday 27th August

No Session in September – Public Holiday

Monday 29th October

Monday 26th November (Room 5)

No session in December

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