Mindfulness for Health

Location **North, South Wirral**
https://www.freeadsz.co.uk/x-174434-z

These courses offer self-management mindfulness-based strategies for people living with persistent and chronic pain, ill health, chronic fatigue, stress etc. This course is based on the book Mindfulness for Health by Vidyamala Burch and Danny Penman. The programme delivers strategies and resources to minimise the impact of pain, illness and stress, in a warm and friendly.

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