

Armed Forces Day

FREE

Mindfulness Training 'Unite and Be Mindful'

Salute our Armed Forces

Mindfulness Training has been shown to help support positive
Mental Wellbeing.

**Why not come along and to our public short talk and
experience our guided practices**

All welcome !

Venue The Seaforth Club, Gordon Street, Nairn
When Saturday 30th June 2018
Time 9.30am-12.30pm

Contact Us

info@mindfulforces.com

www.mindfulforces.com

Jan Grigg MSc 07855926645
Elke Ambrose BSc 07739793389

