

SPACE2

Lets Recover Together



## FREE Mindfulness for Health course

Living with fatigue, pain, Long Covid or another long term health condition? Over 60?

Leeds Mindfulness Co-op invite you to a free taster session and a free 8 week mindfulness for health course for the over 60's

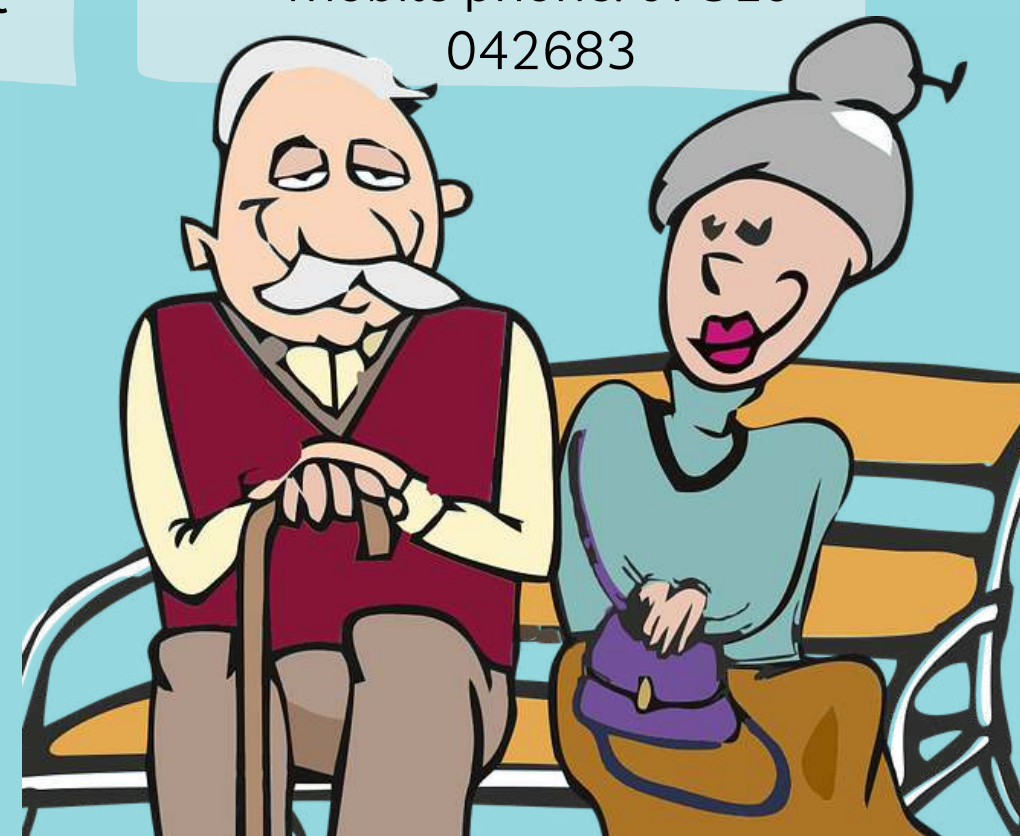
The tasters and 8 week course will be a blended delivery allowing you to join in person at Space2 or online with Zoom as suits you.

Taster session 17th Jan  
2022  
2-4:30pm  
8 week course starts on  
24th Jan 2022  
2-4:30  
space is limited so book  
soon

to book please complete the registration form which is located at Space2 website:  
<https://space2.org.uk/join-space2/> or call Jelena Zindovic at Space2 Office  
phone: 0113 320 0159  
Mobile phone: 07519 042683

On this course you will meet friendly and kind people and learn tools for living well with difficult experiences such as pain and fatigue.

For more information you can email Laura on [info@mindfulnesscoop.co.uk](mailto:info@mindfulnesscoop.co.uk)



We are grateful to public health for