



**MND VIC SUPPORTING FAMILY,  
FRIENDS AND CARERS**

# **MINDFULNESS**

**A FREE 6 week online program**

**WEDNESDAYS  
OCTOBER 12 - NOVEMBER 16  
5.30PM - 6.15PM  
ONLINE**

Mindfulness is a mental training practice that teaches you to slow down racing thoughts, let go of negativity, calm both your body and mind, while cultivating compassion and friendliness towards yourself

Register via this link,  
<https://us02web.zoom.us/meeting/register/tZUod-mpqToqH9NLhkwdyHwrt42uRegD17CK>  
or call MND Victoria on 1800 777 175 or email  
[info@mnd.org.au](mailto:info@mnd.org.au)