



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

MINDFULNESS

A FREE 5 week online program

**COMMENCING THURSDAY 9 MARCH
2PM - 2.45PM
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 your interest by
calling MND Victoria on 1800 777 175
or email info@mnd.org.au