

# Mindfulness 8 week course

Tuesdays evenings 28 May - 16 July  
7pm to 9pm

The Coates Centre at Oakhaven Hospice  
Lower Pennington Lane, Lymington, SO41 8ZZ



**Are you navigating a life-limiting illness, caring for someone or living with bereavement?**

Join this gentle introduction to mindfulness in a group setting.

You will be guided and supported to discover the benefits of a regular mindfulness practice.

No previous experience is needed.

These are free sessions, donations are appreciated.

**Find out more:**

Call 01590 670346, email [wellbeing@oakhavenhospice.co.uk](mailto:wellbeing@oakhavenhospice.co.uk)  
or visit [www.oakhavenhospice.co.uk/wellbeing](http://www.oakhavenhospice.co.uk/wellbeing)