

'BE KIND TO YOUR MIND' WORKSHOP SERIES

ONLINE WORKSHOPS

A free series of workshops delivered by Leicestershire Life Links, which is designed to build knowledge and awareness of some of the ways in which we can be 'kinder to our minds'!

- **THURS 19TH AUG - STRESS MANAGEMENT**
- **THURS 26TH AUG - IMPROVING SLEEP**
- **THURS 2ND SEPT - CONNECTING WITH NATURE**
- **THURS 9TH SEPT - SELF-COMPASSION**

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