



# Feeling **stressed** and need a break?

If you are a resident of Waltham Forest then we would like to come to your rescue. Breathing Space are offering a free 6-week course in **Mindfulness Based Stress Reduction (MBSR)**.

Some of the things that MBSR can be beneficial for include:

- More energy and enthusiasm
- A greater ability to relax
- More self-confidence
- An increased ability to handle stressful situations

Carers are especially welcome.

Join us at the **Seddon Centre, 33 Clyde Place, Leyton E10 5AS** on **5 February** from **1.30 to 2.30pm** for a free taster session to see and feel the benefits. No need to book, just turn up.

The course will run every **Friday** from **1.30 to 4pm** from **12 February** to **18 March**. All sessions are free but you will need to book in advance.

To find out more, please contact the **Community Investment Team** on **0844 406 9000** ext **7345** or email **communities@lqgroup.org.uk**

**breathing**  
space

