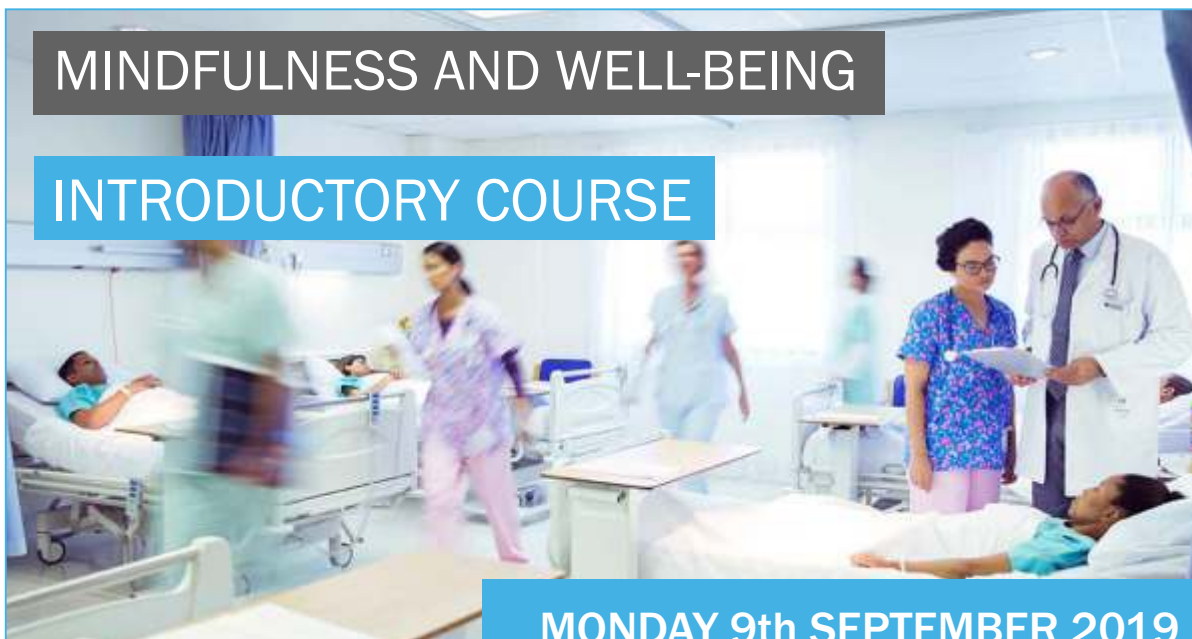


MINDFULNESS AND WELL-BEING

INTRODUCTORY COURSE



MONDAY 9th SEPTEMBER 2019

A 1-day course for all healthcare professionals

Topics Include

- Introduction to NHS Mindfulness
- Well being
- Mindfulness Used in Medicine
- Resilience
- Act Therapy Psychological safety: 4D experience
- Dealing with Death
- Dealing with Life
- Your past, present and future



Course Lead Dr Subhamay Ghosh

CPD Points 5 CPD Points

Fee £120 including lunch and refreshments

Course Location The Bill Mapleson Centre, Cynon Valley Business Park, Mountain Ash, Mid Glamorgan. CF45 4ER, United Kingdom

To Register <http://www.bmc.wales/mindfulness>