

# Stress Project's **EVENING** **MINDFULNESS COURSE** £FREE, On Zoom

Learn  
Mindfulness  
tailored to your  
mental health  
needs

Clinically  
proven to help  
improve sleep,  
de-stress,  
reduce anxiety  
& depression

Course includes:  
Weekly classes,  
access to an  
online learning  
platform &  
WhatsApp group

Course Length: 9 weeks  
*17th January to 13th March 2024*

Classes: *Every Wednesday, 6.00 to 7.30pm*  
*On Zoom with Chris*

Requirements: *Ability to use and access*  
*Zoom is essential*

Booking: *020 7700 3938*  
*[www.stressproject.org.uk/mindfulness](http://www.stressproject.org.uk/mindfulness)*  
*[stressproject@hng.org.uk](mailto:stressproject@hng.org.uk)*



The following course will be on Zoom in April 2024

Funded By:



Cloudesley



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