

SuppoRTT

Supported Return to Training

Mindfulness Based Stress Reduction Course

‘A wonderful, life-affirming course’

Want to...

Reduce Stress?

Increase well-being?

Enhance quality of life?

8 Consecutive Wednesdays starting 27 March 2019

12:30-14:30

Holiday Inn Royal Victoria

S4 7YE

1 Silent Day 04 May 2019

10:00-16:00

Post Graduate Medical Education Centre, Rotherham

S60 2UD

Your course tutor will be Rachael Garside of Tall Spaghetti Ltd

Mobile: 07876 495 968

Email: rachael@tallspaghetti.co.uk

Website: <http://www.tallspaghetti.co.uk>

Book your place through Medical Maxcourse. Please look for

SuppoRTT: Mindfulness-Based Stress Reduction - MBSR

Developing people have any queries, please don't hesitate to contact Rachael or the

for health and

healthcare

www.hee.nhs.uk

SuppoRTT Team at

supportt.yh@hee.nhs.uk