



GIG  
CYMRU  
NHS  
WALES

Bwrdd Iechyd Prifysgol  
Aneurin Bevan  
University Health Board



# Coming to Our Senses

A Creative Health Course that makes mindfulness fun.

When

**4 weekly sessions -**

**Thursday 3rd Sep 9.30am-1.00pm**

**Monday 7th Sep 9.30am-1.00pm**

**Thursday 17th Sep 1.00pm-4.30pm**

**Tuesday 22nd Sep 1.00pm-4.30pm**

Place

**Large Lecture Theatre, The Friars, The  
Friars Education Centre, Royal Gwent  
Hospital, Newport. NP20 4EZ**

“

Like a **weight** has been  
lifted off my **shoulders**”

Feel more **grounded** and  
**connected** than I ever thought possible”

- ICU Nurse

“

Helped me **prioritise**  
what is **most important**”

- Consultant

Has contributed significantly to the **wellbeing** and **resilience** of our workforce”

- Senior OD Manager



Create. Connect. Grow.  
We come back to ourselves.