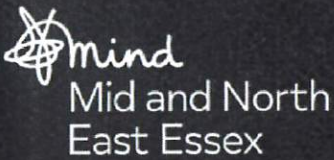




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**The Mental
Health Toolkit ©**

Keeping Calm

Better understand your mind and body with this one hour workshop. Learn how breathing can help you to manage your emotions and reduce stress both at work and at home.

77%

of attendees feel able to effectively practise mindful breathing*

76%

of attendees feel the workshop was a worthwhile investment of time*

Online Workshop Dates

14 Jan 2025 11.30-12.30

20 Feb 2025 11.30-12.30

13 March 2025 11.30-12.30



To book, please visit
mnessexmind.org/training,
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