



The Mindful Life Group
Dedicated to older adult mental wellbeing

Mindfulness for Older Adult Caregivers

Join our Free, Six-Week Online Course
for Essex Residents aged **65 and over**

Starting: Thursday 5th November 2026

Time: 10am-11am

Location: Online (accessible from home)

Benefits

- ✓ Enhance sleep quality
- ✓ Ease stress
- ✓ Improve resilience
- ✓ Combat loneliness
- ✓ Improve memory/attention
- ✓ Alleviate low mood/anxiety
- ✓ Help relieve chronic pain
- ✓ Promote relaxation

Feedback from a previous participant:

'Doing this course has dropped those stress levels right down. I find it really, really therapeutic... So it's 10 out of 10 from me.'

For more information and to apply, visit
the-mindful-life.com



Essex County Council