

# HEALTH AND WELLBEING

## EATING FOR HEALTH

A qualified, experienced dietician explains nutrition basics for those who wish to learn more about diet and health. *Leaflet available.*

## MINDFULNESS: FINDING PEACE IN A FRANTIC WORLD

Mindfulness simply means paying attention to our experience in the present moment, without judgement. This eight week course introduces a wide range of mindfulness practices, concepts and skills which can help us to both appreciate the richness of the life we have and to acknowledge, accept and skillfully respond to emotional, mental and physical discomfort and distress. Even a few weeks of practising mindfulness can reduce stress and help improve sleep, concentration and mood. *Leaflet available.*

## MINDFULNESS IN THE WORKPLACE

Mindfulness can enhance wellbeing, focus, creativity and communication and help us to respond more skillfully to pressure and challenges, resulting in calmer, more resilient individuals and a more harmonious and effective workplace. Two day course, *leaflet available.* For further details or to enquire about bespoke training for your workplace, contact Julie Bibby on 648284 or at [julie.bibby@ucm.ac.im](mailto:julie.bibby@ucm.ac.im).

DAY	VENUE	COURSE CODE	COURSE TITLE	START DATE	TIME	LENGTH	TUTOR	FEE
Mon	RGS	ER657-AM	Eating for Health	09/10/17	18.30 - 20.30	6 wks	Shem Allanson	£70
Mon	RGS	ER657-SM	Eating for Health	15/01/18	18.30 - 20.30	6 wks	Shem Allanson	£70
Tue	UCM	ED549-ST	Mindfulness: Finding Peace in a Frantic World	16/01/18	18.00 - 20.00	8 wks	Mrs J Bibby	£94
Fri	UCM	PD543-SF	Mindfulness in the Workplace	23/02/18 & 09/03/18	09.00 - 16.30	2 wks	Mrs J Bibby	£76

# HEALTH AND WELLBEING ONE DAY WORKSHOPS

## WORKING MINDFULLY WITH PAIN, DISCOMFORT & DIFFICULT EMOTIONS

Life can often be overwhelming, but by working mindfully with whatever the moment brings we can learn how to meet obstacles and difficulties with wisdom, courage and compassion, essentially defusing them. Mindfulness teacher Mike Kewley, son of Michael Kewley, the former Buddhist Monk - shows us how to create a radical new relationship to hardship through awareness and acceptance.

## HOW TO BE HAPPY

The secret is out: we know that we can train ourselves to be happier, calmer and kinder. Mindfulness teacher Mike Kewley, son of Michael Kewley, the former Buddhist Monk – shows us how we can transform our day-to-day experience of life by using simple and effective mindfulness techniques.

## THE BIG COMPASSION WORKSHOP

Mindfulness teacher Mike Kewley, son of Michael Kewley, the former Buddhist Monk - explores the themes of awareness, compassion and acceptance, suggesting that we are hard-wired for kindness and connection. Mike will introduce 3 powerful and transformative practices to calm the mind, open the heart and heal difficult emotions.

## BEING A SUCCESSFUL VEGAN/VEGETARIAN

This course educates students on how to obtain all the nutritional requirements through vegan/vegetarian diets, their health benefits, incorporating variety and balance of foods and eating out as a vegan/vegetarian in a practical and informative way.

## LOSING WEIGHT EFFECTIVELY - THE HEALTHY WAY

Learn all about what works and what doesn't in tackling obesity/overweight and weight maintenance. Gain understanding on smart eating, incorporating physical activity and behaviour modification that suits you.