



Mindful Ageing

APRIL 2022, ISSUE 2

NEWSLETTER

*"Ageing is not lost youth but a new stage of
opportunity and strength."*

Betty Friedan

UPDATES FROM THE PARTNERSHIP

We are pleased to inform you that the Mindful Ageing project is progressing well and the partnership recently took part in a training workshop to prepare for the upcoming Mindful Ageing Boot Camps.

After over a year of online working, partners are looking forward to meeting face to face in June for the next transnational meeting in Bulgaria!

Keep updated

Follow the Mindful Ageing Facebook page or visit our website:

<https://www.facebook.com/MindfulAgeingEU>

<https://mindfulageing.eu>

GET INVOLVED!

We are excited to announce that, following the training workshops, we will be hosting our Mindful Ageing Boot Camps this Spring!

The Mindful Ageing Boot Camp are a three-day training programme for over 50s to learn new skills and explore key techniques relating to mindfulness, positive ageing and health and wellbeing! The Boot Camps are being delivered in the UK, Bulgaria, Finland, France and Greece.

You can expect to learn about:

- The mind, body and wellness
- Mindfulness and meditation
- Positive Psychology and mental wellbeing
- Neuro Linguistic Programming
- Nutrition and exercise



If you are keen to learn more about mindfulness and the fantastic benefits that it can have on your physical and mental wellbeing, register your interest here: <https://forms.gle/JWtjSxchbEzMr8ey5>

UPCOMING...

We are currently developing the E-Learning platform which will be available soon! This will be a free online platform where you can learn about positive ageing and mindfulness and connect with like-minded people.

PARTNERS

