



## Mindfulness: Finding A Technique That Works For You

In the studio we will be joined by Dr Aman Kwatra and Sarah McCaffery to look at what mindfulness is and how to take notice of our thoughts, feelings, sensations and the world around us.

We will be joined by our special guests: Dr. Aman Kwatra, Clinical Lead at Spectrum.Life; Sarah McCaffrey, Health Promotion Specialist

[Log in here](#)



Wednesday 12th July @ 1.15pm