

Fife Employment Access Trust are delivering a series of mindfulness-based stress resilience 6-week courses in 2022.

The programme is a combination of short informal talks and practical exercises in a group setting supported by an experienced mindfulness teacher.

Our aim is that you'll have a greater understanding of the effects of stress on mind and body but that you'll have a range of new techniques and strategies to increase your resilience.



Courses will run in March, June, August & October 2022

For further information, or to sign up, visit [www.fifeemploymentaccesstrust.com](http://www.fifeemploymentaccesstrust.com),  
email: [info@feat.org.uk](mailto:info@feat.org.uk)  
or telephone **01592 759371**



Courses in March and June 2022 will take place outdoors,  
under cover in Silverburn Park, Leven