

Adult Learning

Introduction to Mindfulness



**Tuesday 10th March
2026**

**09:45 – 11:45 am
in
Penrith Library**

FREE SESSION

Led by our fully qualified Health & Wellbeing tutor

This friendly workshop will give you an introduction to Mindfulness, using simple practical exercises. Begin to learn how the practice of focusing your attention on the present moment can help reduce stress and improve your mental health. Further workshops may be available to help with Sleep, Healthy Eating, Moving and Relaxing.

**For more details and enrolment please contact us at:
Penrith Adult Learning, Penrith Library from 09:30-16:30 Mon-Fri**

Tel: 07468709606 or 01768 812103

Email: penrithadultlearning@westmorlandandfurness.gov.uk



Westmorland
& Furness
Council

Working for Cumberland Council and
Westmorland & Furness Council