



University
of Exeter



Devon Mental Health Alliance
Working together for better mental health across Devon

LiveMind Mindfulness Group



LiveMind is a four-session mindfulness-based course aimed at people who have experienced mental health difficulties in the past and are looking to manage and maintain their wellbeing.

Thursday

16th November—7th December

10:00—11:30am

For more details, please visit:

[www.exeter.ac.uk/research/mooddisorders/
acceptclinic/treatments](http://www.exeter.ac.uk/research/mooddisorders/acceptclinic/treatments)

