



MINDFULNESS BASED STRESS MANAGEMENT

Mindfulness is the ability to objectively recognise what is happening in our thoughts, emotions and bodies in the present moment – as they are occurring – without immediately reacting to them and trying to fix, change, judge or avoid them. When we use a mindful approach, we develop the capacity to observe events with greater awareness and with an attitude of openness, exploration, curiosity and acceptance.

Course Description

Interesting highlights of the program include:

- Improve your physical and emotional health as you learn to face life's challenges more calmly and positively with self-regulation.
- Learn how to become less reactive and more resilient as you become more aware of affirmative things in your lives.
- Learn to be more productive, concentrate better and maintain focus.
- Learn to see other perspectives more clearly and become more compassionate, both to yourselves and to others.
- how to be more mindful of what the body is going through, looking into the human being and not just human doing and ways to manage and reduce stress.

(Not suitable for those who are familiar with the description mentioned above. Please note that this is a basic course.)

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Application Procedure

You can apply through one of the following ways:

- 1) Application can be made personally at [Family Central](#)
- 2) SMS to 9137 8336 (Full name + NRIC + Course Name + Run No.)
- 3) Email to mandywong@fycs.org

Payment Procedure

Payment can be made via cheque, cash or NETS.

(Payment is required for confirmation of place.)

1. All information is accurate at the point of printing and distribution, and subjected to changes without prior notice.
2. The organiser reserves the right to postpone or cancel the programme due to unforeseen circumstances or low enrolment.

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Class Details

Course Date:

10, 17, 24 & 31 Aug 2017
(Thursday)

Time:

10 am to 1 pm

Closing Date for Registration:

27th July 2017

Venue:

298 Tiong Bahru Road,
Level 10 Training Room 1,
Tiong Bahru Central Plaza, S
(168730)

Duration

12 hours (4 sessions)

Course Fee

Fees Payable: **\$48**

(Can be paid with SkillsFuture Credit. Contact 65936472)

Pre-requisites

- a) 50 years old & above
- b) Singaporean or Singapore PR
- c) Must be able to read, understand and converse in simple English

As part of:

Silver
NATIONAL
ACADEMY

Organised By:

Family
Central
a service by Fui Yee Community Services

Administered By:

C3A
Ageing Well