



FREE WEBINAR

Mindfulness and mindfulness practice

19 April 2018 - 12:00-13:00

Come join us on this free webinar on 'Mindfulness and Mindfulness Practice'. The webinar will be delivered by Middlesex University Associate Professor, **Dr Mark Coulson**. The webinar will be hosted by **Professor Rena Papadopoulos**.



Dr Mark Coulson,
*Associate Professor in
Psychology,
Middlesex University*

The webinar is part of the IENE6 project, "Contemporary large migration waves into Europe: Enabling health workers to provide psychological support to migrants and refugees and develop strategies for dealing with their own emotional needs".

<http://ienerefugeehub.eu/>

Here is the link to the webinar room: <http://breeze.mdx.ac.uk/iene6webinar/>

The webinar will start at **12:00** (UK Time) sharp. Please make sure you login into the room at least 15 minutes before to make sure you have all the necessary software installed.

You can also follow the webinar on your mobile phone by downloading the Adobe Connect App and entering the room link. For more instructions, please visit: <https://www.adobe.com/content/dam/acom/en/products/adobeconnect/pdfs/VQSG-Participants.pdf>.

