



Chris Mitchell

## *Mindful Living with Asperger's Syndrome*

This event will be of particular interest to adults on the autism spectrum, their friends and relatives. Chris will explain mindfulness and explore the relevance of mindfulness practice in helping overcome many of the daily challenges we all face. During the presentation, there will also be an opportunity to participate in a simple mindfulness practice exercise.

**Wednesday, 24th February 2016**

**5.15 pm—7 pm**

**The Old Library Building**

**Newcastle University**

***Tea and Coffee on arrival***



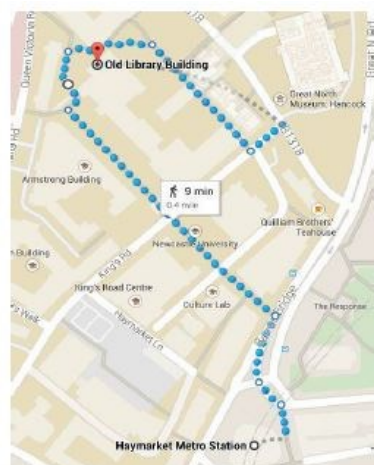
Directions to  
Research Beehive (Old  
Library Building).

→  
Nearest Metro Station –  
Haymarket.

Nearest bus services –  
Haymarket Bus Station

Nearest Car Parking -  
Claremont Road Car Park

<http://www.ncl.ac.uk/res/assets/documents/ResearchBeehiveBrochure261011.pdf>



**Places are limited, so please register at the following link:**  
**<http://forms.ncl.ac.uk/view.php?id=8823> or contact**  
**Jane Tilbrook at [jane.tilbrook@ncl.ac.uk](mailto:jane.tilbrook@ncl.ac.uk) or 0191 282 5966**