



Sound Advice for Adults with cochlear implants, hearing aids and bone-anchored hearing systems

All taking place at The Ear Foundation :

83 Sherwin Road, Lenton, Nottm, NG7 2FB

LIPREADING COURSE

Come along and learn the skill of lipreading with qualified, experienced local tutor Kathie Price.

Dates: (1.00-2.30pm)

- Monday 19th March, 26th March, 16th April, 23rd April, 30th April, 14th May.

**£30 per adult for the 6 week course
includes all resources and tea/coffee**



MINDFULNESS COURSE

Mindfulness is a very simple practise, scientifically proven to have significant benefits to many areas of our lives.

In the introductory session, Pete will introduce the basic concepts. The following 8 weeks will develop these themes, giving a deeper understanding of mindfulness and helping you to develop a healthier relationship with your mind and emotions.

Dates:

-Taster session: Wednesday 31st January (10.30-midday)

Thursdays; 10.30-11.30am 15th Feb, 22nd Feb, 1st March, 8th March, 15th March, 22nd March, 29th March and 5th April.

**£40 for 8 week course
includes all resources and tea/coffee**

YOGA COURSE

Yoga with Karen. The course has been put together to ensure it is accessible for those with a hearing loss, as well as being suitable for all ages and abilities.

Soothing and relaxing, ideal for stress management. Classes consist of stretching and breathing exercises followed by relaxing guided meditation.

Dates:

-Taster session: Weds 25th April (10.30-midday)

Wednesdays: 1– 2.15pm 2nd May, 9th May, 16th May, 23rd May, 30th May and 6th June

**£40 for 6 week course
includes all resources and tea/coffee**

To reserve a place please contact Sarah Hoyle on
0115 9427 804 or sarah.hoyle@earfoundation.org.uk