

**Join us for
Mindfulness
Sittings
Fridays 3-4pm**

**Starting
Friday 2nd August 2019**

**At the
Spiritual Care Centre
Grosvenor Wing
St George's Hospital
Open to patients
and staff**

**Led by Nupur Agarwal
MDCH BSCH CNHC BDS &MDS**

Contact

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at St George's Hospital**