



Canolfan Ganser Felindre  
Velindre Cancer Centre  
**The Velindre  
Mindfulness App is now  
live!**



## **The Velindre Mindfulness App has now officially launched!**

We are delighted to share this brand new free app with you, which has been created by the Clinical Psychology team at Velindre Cancer Centre.

**The App is non-cancer specific** so that anyone can use mindfulness as a tool to manage stress and anxiety.

Listeners will be guided through **mindfulness exercises to help improve mental health and wellbeing** and can be used flexibly to fit around your lifestyle. There is also a relaxation element to the App which can help promote rest and sleep.

The app is designed to walk listeners through mindfulness practice, gain an understanding of how mindfulness works and give some insight into how it can be used to handle real life situations more effectively.

Download the app now:

Google Play:

[https://play.google.com/store/apps/details?id=com.velindre  
cc.mindfulness&hl=en\\_GB](https://play.google.com/store/apps/details?id=com.velindre.cc.mindfulness&hl=en_GB)

App Store: [https://itunes.apple.com/gb/app/velindre-  
mindfulness-app/id1450624693?mt=8](https://itunes.apple.com/gb/app/velindre-mindfulness-app/id1450624693?mt=8)