



HEADSPACE LIVE WEBINAR

TUESDAY 30 MARCH 2021: 1PM – 1.45PM



Are you serving in the RAF? Join our exclusive webinar for RAF personnel in partnership with Headspace.

Headspace is your everyday guide to meditation and mindfulness. Experience the benefits of less stress, more focus, and better sleep for free.

Join this 45-minute webinar to learn more about the science behind Headspace and how to start your free membership.

Register your place: rafbf.org/headspacewebinar