

MINDFULNESS & YOU



Thursday, May 23 | 12:30 p.m. – 1:15 p.m.

About the Webinar

Mindfulness is an integrative, mind-body approach to life that helps people relate effectively to their experiences. Through simple mindfulness techniques, attendees of this presentation learn how to pay attention to thoughts, feelings, and body sensations in a way that can increase awareness, help manage difficult experiences, and create space for wise choices.

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WEBINAR TODAY!**

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