

4 Week Module: Introduction to Mindfulness



In our general society, mindfulness has gone from being synonymous with spiritual meditation to being utilized in medical settings to treat pain, as a mental health tool to manage stress and improve self-understanding, and in various areas of daily life. Join us for a 4-week mindfulness workshop to discuss some of the basics of mindfulness, how we may already be utilizing some of its elements, and how we might be able to use it in other parts of our lives.

Wed. 8/26/20: Introduction to Mindfulness

Wed. 9/02/20: Stress Reduction

Wed. 9/09/20: Journaling

Wed. 9/16/20: Key Attitudes-Generalizing Mindfulness

Location: Downtown @700 Community Room

Time: 2:00PM-3:00PM

These four sessions are set up progressively, but residents are welcome to attend a session at any point in the series.

Masks, hand sanitizer, and snacks will be available and social distancing best practices will be upheld.

