

# INTRODUCTION TO MINDFULNESS

## \*4-WEEK WELLNESS PROGRAM\*

This weekly mindfulness program is designed to help reduce stress by using a variety of guided practices, self-reflection exercises, short lectures, and group discussion. You will learn to use your focused attention to tune into your body, help calm the mind, self-regulate the nervous system, and establish a deeper connection with yourself.

### \*Open to All Skill Levels\*

- Days: Thursdays (New!)
- Time: 7:00pm – 8:30pm
- Session I: Jan 19 – Feb 9
- Session II: March 2 – March 23
- Classes: 4 classes
- Cost: \$20 total (\$120 value)
- Location: Milano Center

### Potential Benefits of Mindfulness

- Reduce stress & anxiety
- Improve physical health
- Improve mental cognition
- Improve emotional state
- Increased attention & creativity
- Increased sense of connection to self and others

## SIGN UP FOR A SESSION!

For full program description, please visit:

[www.cityofmelrose.org/recreation](http://www.cityofmelrose.org/recreation)



Register / Info:

