

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: Tuesdays
- Time: 7:00pm – 8:30pm
- Session I: Jan 17 – Feb 7
- Session II: Feb 28 – March 21
- 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



Register / Info:

