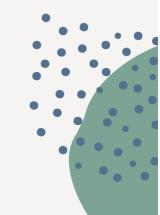
# INTRODUCTION TO MINDFULNESS

#### \*4-WEEK WELLNESS PROGRAM\*

This weekly mindfulness program is designed to help reduce stress by using a variety of guided practices, selfreflection 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\*

• <u>Days</u>: Tuesdays

• <u>Time:</u> 7:00pm – 8:30pm

• <u>Session I</u>: Jan 17 – Feb 7

• Session II: Feb 28 - March 21

• Classes: 4 classes

<u>Cost</u>: \$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:

