

5 - WEEK VIRTUAL SERIES

**PRACTICAL TOOLS
FOR STARTING A**

*Mindfulness
Practice*



**FEBRUARY 27-
MARCH 26, 2024**



**TUESDAYS
7-8 PM**



**VIRTUAL VIA
ZOOM**



Instructed By:

Meriden McGraw, MS, MPH
Director of Workplace Mindfulness

The benefits of mindfulness include decreased stress and anxiety, increased focus and concentration, and improved sleep, communication, relationships, and physical well-being.

This series is perfect for you if you lead a busy life but understand the importance of mindfulness and are looking to make mindfulness a habitual part of your day.

**CLICK/SCAN
TO LEARN
MORE**

all are welcome!



[BIT.LY/MINDFULPRACTICE_UC](https://bit.ly/mindfulpractice_uc)