

MINDFUL MONDAYS

MINDFULNESS means maintaining a moment-by-moment awareness of our thoughts, feelings, bodily sensations and surrounding environment in an accepting way. It is a mental state achieved by focusing on the present and living in the now.

JULY WEEKLY SCHEDULE

JULY 3rd

TAI CHI

JULY 10th

COMPASSION MEDITATION

JULY 17th

QI GONG

JULY 24th

HOLIDAY!

JULY 31st

MINDFUL BREATHING

JOIN US!

Every Monday
Government Center
Fitness Studio @ 3pm
15 minutes

Invite Your Coworkers!
Wear Your Work Attire

**Not at the Government
Center?**

Email us and we will send you
step-by-step
instructions for
mindfulness activities!

**ANY QUESTIONS OR
SUGGESTIONS?**

Email Us!
myhealthylifestyles@slco.org

