

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.

OCTOBER WEEKLY SCHEDULE

OCTOBER 2nd

MINDFUL WRITING—LETTER

OCTOBER 9th

GUIDED VISUALIZATION

OCTOBER 16th

TAI CHI

OCTOBER 23rd

MOUNTAIN MEDITATION

OCTOBER 30th

EYE MEDITATION AND DESKERCISES

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

