

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.

SEPTEMBER WEEKLY SCHEDULE

SEPTEMBER 4th
HOLIDAY

SEPTEMBER 11th
MINDFUL MOVING

SEPTEMBER 18th
SITTING MEDITATION

SEPTEMBER 25th
LYING DOWN YOGA

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