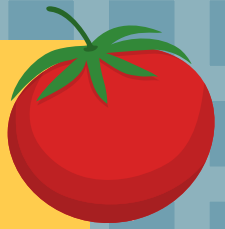


Mindful Monday

AUGUST SCHEDULE



8/5/2019- PROGRESSIVE MUSCLE RELAXATION

8/12/19- MINDFUL BREATHING

8/19/19- MINDFUL EATING

8/26/19- YOGA

MINDFULNESS ISN'T DIFFICULT,
WE JUST NEED TO REMEMBER
TO DO IT!

-SHARON SALTZBERG

