

# MINDFUL MONDAYS

## MAY SCHEDULE

JOIN US!  
EVERY MONDAY 3:00pm for 15 min  
at Government Center Fitness Center  
Not at the Government Center? Email us for step-by-step instructions

May 7th

LOVING KINDNESS MEDITATION

May 21st

WORDS OF RELAXATION

May 14th

BODY STRETCHING

May 28th

MEMORIAL DAY

*Questions?*

Email us:  
[myhealthylifestyles@slco.org](mailto:myhealthylifestyles@slco.org)