

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.

MAY WEEKLY SCHEDULE

MAY 1st

MINDFUL WALKING

MAY 8th

LOVING—KINDNESS MEDITATION

MAY 15th

MINDFUL COLORING

MAY 22nd

LYING DOWN YOGA

MAY 29th

HOLIDAY!

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

