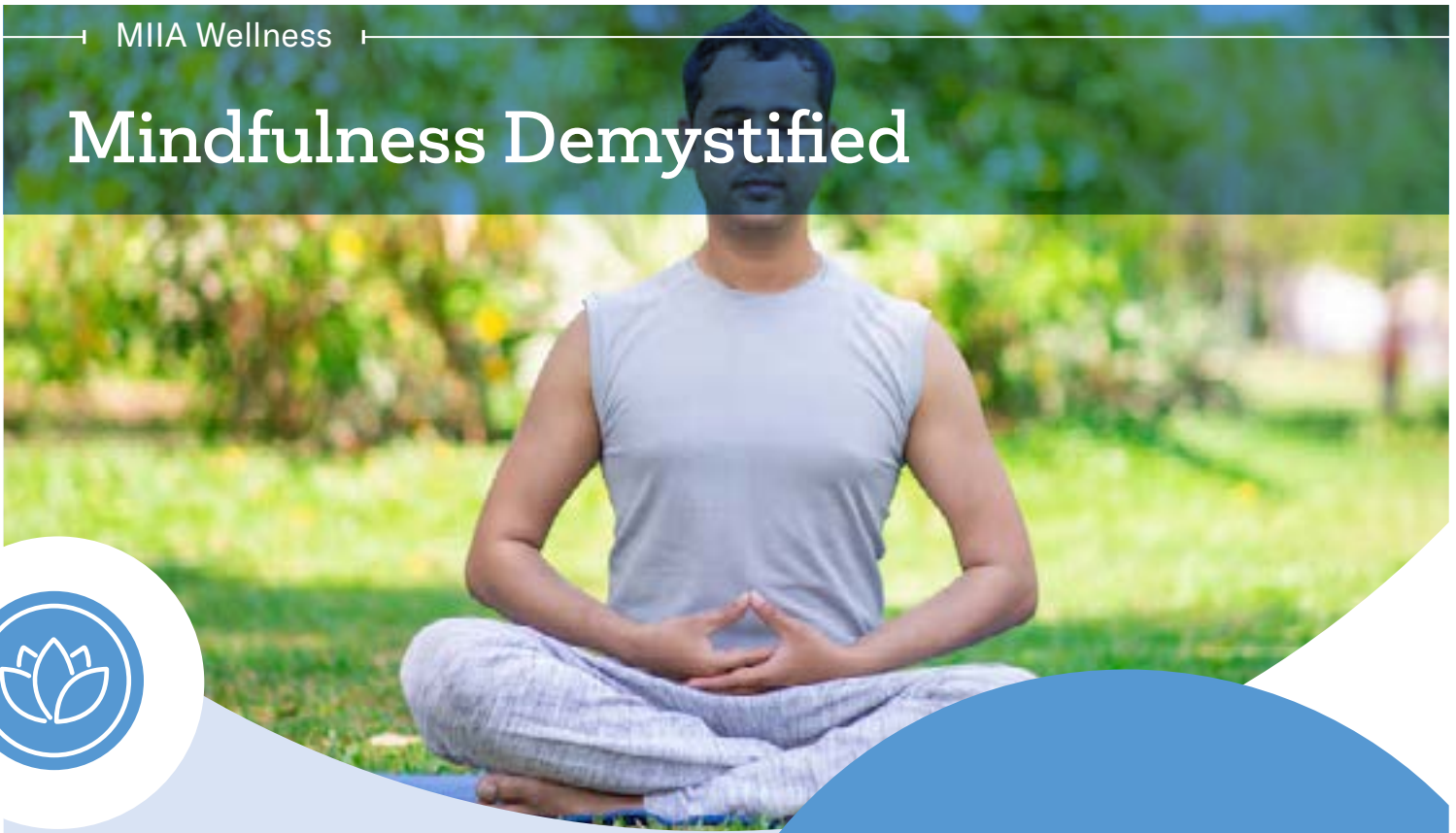


Mindfulness Demystified



Join us for a six week journey into the foundations of mindfulness designed for anyone curious about how these timeless tools can bring more calm and clarity into daily life. Each week, we will explore a new practice, backed by research and a discussion of key ideas that help make sense of the experience. If you are new to meditation, you will find simple, approachable resources that make mindfulness easy to understand and actually enjoyable. And if you already have a practice, you will learn fresh ways to deepen it and weave mindfulness more naturally into your everyday routines.

For more program details, visit the registration page.

Free to all MIIA:

- **employees and spouses**
- **retirees on a MIIA/Blue Cross health plan**

**6 Sessions, Wednesdays
April 29th to June 3rd
5:00 PM to 5:45 PM**

Zoom Program

**Sam Chase, Meditation
Instructor and RISE Facilitator**

[Register Here](#)



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