



Mindfulness in EveryDay Life

8-week Program on Tuesdays,
March 12 to May 7, 2024 (Skipping April 16)

4:00-4:45 pm via Zoom

Free program open to all employees and spouses

Join us for a 45-minute mindfulness session every Tuesday afternoon where we create the space and support to learn about mindfulness and relaxation practices. Each week will introduce a different mindful quality and different mindfulness meditation practice that you can use in everyday life. Add something nourishing and refreshing to your spring season and learn how mindfulness can help you with everyday living.

Leader: Jeannine Schroder, Mindfulness Based Stress Reduction Instructor

Registration: Please register [HERE](#) for this program.