



Savvy Seniors

Stress Less with MINDFULNESS

DATES:

A Five –Session Series
January 8, 15, 22, 29,
February 5, 12,

First session is for savvy
participants to receive
technical assistance and to
familiarize themselves with
Zoom technology.

TIME: 2-3:30 p.m. EST

LOCATION:

On-Line via Zoom.
Join from your
computer, iPad or
smart phone.

COST:

Free due to grant

Register On-line at-
[https://events.anr.msu.edu/
SavvySeniors1821221/](https://events.anr.msu.edu/SavvySeniors1821221/)

Contact Person:
Tracie Abram–
Extension Educator
906-235-2985
abram@msu.edu



For Adults 55 years and older who want to come together to learn the basics of Mindfulness.

Mindfulness means paying attention to the present moment without judgement. Research has shown that practicing mindfulness is effective in reducing stress-related symptoms such as worry, depression and physical tension, and may be helpful in managing pain.

Mindful breathing, eating, walking, thought surfing and laughter will be taught.

Participants will receive confirmation/welcome email before series starts that will provide zoom ID, passcode and course material.

Series Facilitators: MSU Extension Health Educators
Kristina Swartzendruber, Tracie Abram & Jacqui Rabine

MSU is an affirmative-action, equal-opportunity employer, committed to achieving excellence through a diverse workforce and inclusive culture that encourages all people to reach their full potential. Michigan State University Extension programs and materials are open to all without regard to race, color, national origin, gender, gender identity, religion, age, height, weight, disability, political beliefs, sexual orientation, marital status, family status or veteran status. Persons with disabilities have the right to request and receive reasonable accommodations.

Other programs from MSU Extension

MSU Extension programming has something to offer every member of your family

Michigan State University Extension helps people improve their lives by bringing the vast knowledge and resources of MSU directly to individuals, communities and businesses.

To help you be healthy at every stage of life, MSU Extension delivers affordable, relevant, evidence-based education to serve the needs of adults, youth and families in urban and rural communities. Programs focus on helping you gain the skills you need to buy and prepare nutritious, budget-friendly foods, increase your physical activity and stretch your food dollars.

MSU Extension's children and youth programs address needs and issues from birth through age 19, providing parents with educational resources related to your child's development and giving youth the opportunity through 4-H programs to build leadership and teach practical life skills.

To find your local county office visit msue.msu.edu/county.

For more information or to join a class, contact your local MSU Extension county office or visit www.msue.msu.edu

MSU is an affirmative-action, equal-opportunity employer, committed to achieving excellence through a diverse workforce and inclusive culture that encourages all people to reach their full potential. Michigan State University Extension programs and materials are open to all without regard to race, color, national origin, gender, gender identity, religion, age, height, weight, disability, political beliefs, sexual orientation, marital status, family status or veteran status. Issued in furtherance of MSU Extension work, acts of May 8 and June 30, 1914, in cooperation with the U.S. Department of Agriculture. Jeffrey W. Dwyer, Director, MSU Extension, East Lansing, MI 48824. This information is for educational purposes only. Reference to commercial products or trade names does not imply endorsement by MSU Extension or bias against those not mentioned. Persons with disabilities have the right to request and receive reasonable accommodations.