



Stress Less with Mindfulness

Five sessions each

LOCATION: Zoom
Participants will receive email with zoom link and series paperwork prior to first session

COST: Free

Pre-register 3 days before first class

Presenters:
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What:

Join us for five sessions to learn a wide variety of strategies of Mindfulness that leads to stress reduction, pain relief and improved focus:

- Begin with Breath
- Mindful Eating
- Mindful Walking and Thought Surfing
- Be Kind to your Mind
- Mindful Laughter—The Best Medicine



For: Adults and Seniors

November 8 to 12, 2021 <https://events.anr.msu.edu/OnlineSLWMFTNovJKT/>

December 6 to 10, 2021 <https://events.anr.msu.edu/OnlineSLWMFTDecJKT/>

January 24 to 28, 2022 <https://events.anr.msu.edu/OnlineSLWMJan22JKT/>

January 31 to February 4, 2022 <https://events.anr.msu.edu/OnlineSLWMFeb22JKT/>

March 14 to 18, 2022 <https://events.anr.msu.edu/OnlineSLWMMar22JKT/>

April 4 to 8, 2022 <https://events.anr.msu.edu/OnlineSLWMApr22JKT/>

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