



Stress Less with Mindfulness Holiday Stress Buster

DATE & TIME:

Four sessions:

November 30 , December 1-3, 2021

Noon - 1 pm each day

LOCATION: MSU

Extension conference room ,Suite 102

County Building

200 Grand River Ave

Port Huron, MI, 48060

COST: Free

Pre Registration required

rabineja@msu.edu or

(810) 989-6935

Presenter:

Jacqui Rabine

rabineja@msu.edu

(248) 930-4125

Bring your lunch and learn !



Beat the Holiday stress

Join us for four 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

For: Adults and Seniors

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.