

MINDFULNESS TRAINING

-Free and Open to the Public-

Benefits of Mindfulness

Practice can Include:

- *decreased stress and anxiety*
- *improved immune system*
- *increased sense of well-being*
- *better coping skills*
- *clearer self-understanding*

Lessen Stress...

Increase Well-Being...

...One Breath at a Time.

Starting Monday, February 6

5 Monday Nights: February 6, 13, 27, March 5, 12

* 6:30-7:30pm Mindfulness Class * 7:30-8:00pm Dinner *

Classes will include guided mindfulness practices, group discussions, and experiential activities.

Please arrive on time so we can begin together at 6:30pm.

Free on-site childcare and dinner provided!!

Please RSVP if you plan to attend and will need childcare.

Workshop teacher Harrison Blum has studied and practiced mindfulness for over ten years. He received his Master of Education from Lesley University and will complete a Master of Divinity program at Harvard this spring. He has worked as an interfaith chaplain at the Dana-Farber Cancer Institute and the Brigham and Women's Hospital.

An offering of the
**Margaret Fuller
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