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LIVE ONLINE WEBINAR

Practicing Mindfulness to Rid Stress

Date: 03/11/2020

Time: 11:00AM to 12:00PM CST

Mindfulness, the practice of maintaining a moment-by-moment consciousness of our thoughts, feelings, physical sensations, and environment, through a calm, nurturing lens, that stresses that there is no "right or wrong" way of thinking, feeling or doing things and reflecting only upon the present moment can lead to greater perspective, and calm from life's stresses. Join us to learn to effectively practice mindfulness.

Presented by: Mary-Ellen Sposato Rogers

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