



# LIVING IN THE MOMENT

**A virtual workshop for those who worry**

Do you find yourself struggling with anxiety or constant worry about the future? Or maybe you're trying to let go of the past but not able to find the relief you really want or need.

We will teach you six Mindfulness skills to easily incorporate into your daily life. Let us help you bee you.

February 25, 2021 | 6:00-7:00 PM

Ages: 18+ | Cost: \$20/person

Register at: [http://bit.ly/SB\\_Mindful](http://bit.ly/SB_Mindful)

\*Zoom link will be sent post-registration



SIMPLY BEE

