

Coming **January 2023...**



MINDFULNESS

AT THE SANIBEL REC CENTER

The J.N. "Ding" Darling National Wildlife Refuge and the City of Sanibel are coming together to provide relaxing wellness programs.

Beginning in January, as a part of the new "Ding" Darling Nature Wellness Program, join refuge mindfulness experts at the Sanibel Rec Center for weekly Mindfulness Meditations and nature wellness walks.

What is "Mindfulness"?

The NIH defines **mindfulness** as "a form of meditation which involves maintaining attention or awareness on the present moment without making judgments." Essentially, it is the practice of intentionally bringing yourself into the present.



Questions?

Contact Ranger Jess at **jessica_barry@fws.gov** and visit **dingwellness.org** to learn more the new and exciting "Ding" Nature Wellness Program initiatives.

Scan me!



Join us for a program:

Mindfulness Meditations:

- **Every Wednesday**, starting Jan. 4, from 8:30-9:00 a.m. in the Rec Center's Pelican Room.
- Start your day with this simple, 30-minute seated mindfulness mediation.

Nature Wellness Walks

- **Every Saturday**, starting Jan. 7 from 10-11 a.m.
- Meet in Rec Center lobby at 9:50 a.m.) for an outdoor grounding walk.



MySanibel™
City of Sanibel, Florida



NATIONAL
WILDLIFE
REFUGE SYSTEM

