

# The Hunterdon County Senior Center presents: Mindfulness with Nidhi

Mindfulness is a practice to stay present in the moment thereby gaining control of the mind and body and to transform negative thought patterns into positive thoughts. Join Nidhi and understand what mindfulness is and why and how practice it.



This is a 4-week special workshop  
sponsored by the Division of Senior, Disabilities and Veterans' Services

**Dates:** Wednesdays: April 5<sup>th</sup>, 12<sup>th</sup>, 19<sup>th</sup> and 26<sup>th</sup>.

**Time:** 9:15-10:15 AM

**Location:** Hunterdon County Senior Center

A banker by profession, Nidhi Idnani found her calling in holistic healing and established iReikiNow. Nidhi has been a leader in Holistic Health, Healing & Wellness for over 16 years.

**Space is limited to the first 15 registrants.**

**Pre-register by calling 908-788-1359**