

Preparing for the Future

*with Grateful
Mindfulness*



Presented by:
Pam Parins,
ADRC Volunteer

Tuesday, June 13, 2023


11 a.m. - 12 p.m.

In person at ADRC

300 S Adams St, Green Bay

Thinking about future events can bring about a variety of emotions. We will talk about cultivating gratitude in the present moment to prepare for whatever the future holds. It is said that overthinking the future can bring on anxiety and stress. Sometimes happy future moments don't turn out the way you expected. Learn the practice of gratitude that is rooted in mindfulness to guide you to a calmer and happier self.

ADRC, 300 S. Adams Street,
Green Bay, WI

 www.adrcofbrowncounty.org
facebook.com/adrcbrowncountywi

Reasonable accommodations for disabilities are available, please request 5 days in advance.



Registration is required.

Space is limited.

Call ADRC

(920) 448-4300 to register.