

# Calmer Choice 8 WEEK ONLINE MINDFULNESS FOR ADULTS

Learn how to develop a mindfulness practice through experiential practices, group discussion and movement.



## Calmer Choice 8-Week Mindfulness Course for Adults “Cultivating Resilience & Well-Being”

Are you looking for a new way to reduce stress, settle your mind and increase your overall well-being? The Calmer Choice 8-week mindfulness course can help.

Benefits of the Calmer Choice curriculum are scientifically proven by researchers from Yale, Harvard, MIT and Tufts. People who participated in our program reported they were less anxious and depressed and felt more patience, compassion and empathy for themselves and others. Additionally, significant improvements were found in areas of the brain responsible for focus and attention, impulse control and memory.

Adults who learn to increase and enhance their own resilience are better able to model it for their children and families.

## Benefits of mindfulness

- Reducing anxiety and stress
- Enhancing resilience
- Improving focus and attention
- Increasing positive mood and empathy
- Supporting healthy relationships
- Improving immune system function

### Course Dates:

Tuesday, March 16<sup>th</sup> to May 4<sup>th</sup>  
5:00PM - 6:45PM

**Course registration cost: \$200.00**

**Scholarships are available!**

**[CLICK HERE TO REGISTER](#)**

**Contact the Calmer Choice Office**

**[info@calmerchoice.org](mailto:info@calmerchoice.org)**

**508-398-0808**

**Visit our website for details on course, registration & scholarships.  
[Calmerchoice.org/for-adults-educators](http://Calmerchoice.org/for-adults-educators)**