



Everyday Mindfulness

Thursdays, April 29 to May 20, 4:00 to 5:15 pm

Tuesdays, May 11 to June 1, 7:00 to 8:15 pm

[Click here to register](#)

Bring mindful awareness to your everyday life in this 4 week course. Learn the foundations of mindfulness practice along with tools and strategies that can be used to help cultivate awareness and well-being and reduce stress and anxiety. Each of the four modules will focus on a different aspect of mindfulness and bring you practical tips to incorporate immediately.

Making Sense of Mindfulness

Mindfulness and Stress

Mindful Technology

Mindful Communication

If you are looking to make a change, create a shift in thinking or find some peace during stressful times, this course could greatly support these goals.

\$75.00
if registered before
April 19, 2021

What is Mindful Awareness?

Mindful awareness is a special way of paying attention to the present moment by noticing the world around you with kindness and curiosity. Developing a personal mindfulness practice can have numerous mental and physical health benefits as well as improve personal relationships.

About Calmer Choice

Calmer Choice teaches mindful awareness skills in schools, in the community and through online programs. Collaborative studies with researchers from Harvard, MIT, Tufts and Yale Universities have proven the efficacy of our programming. Since 2010, the organization has reached more than 36,000 people across Cape Cod and Southeastern Massachusetts.

Visit CalmerChoice.org to learn more about our online courses and free mindfulness resources.