

**2021 Mindfulness for Better Living ONLINE Lunch and Learns****April through June****Wednesdays from 12:00-1:00 PM**

***Are you an essential worker who could use some essential stress reduction? Take a mental health lunch break and join our online Mindfulness for Better Living Lunch and Learns.***

Mindfulness can be defined as paying attention in a particular way; on purpose, in the present moment and nonjudgmentally. Research has shown that practicing mindfulness is effective in reducing stress-related symptoms such as worry, depression and physical tension, and may be helpful in managing chronic conditions. Mindful Mondays Lunch and Learn series includes a suite of one-time workshops to help people learn ways to use mindfulness to manage everyday stress.

*Online sessions are presented as Live Webinars on Zoom. Once you register you will be sent a link to join. You only need to register once and can attend any and all that you wish. Recordings are NOT provided after the session.*

April 7, 2021	Calming Down and De-Stressing	Register Online: <a href="https://bit.ly/39K3S3I">https://bit.ly/39K3S3I</a>
April 14, 2021	Six Principles of Problem-Solving	Register Online: <a href="https://bit.ly/39K3S3I">https://bit.ly/39K3S3I</a>
April 21, 2021	Forgiving and Letting Go of the Past	Register Online: <a href="https://bit.ly/39K3S3I">https://bit.ly/39K3S3I</a>

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**New Series New Registration Link for ALL Classes Listed Below: <http://bit.ly/3tyZZ96>**

April 28, 2021	Maintaining Health During Challenging Times
May 5, 2021	Changing Negative Self Talk
May 12, 2021	Caring for the Caregiver
May 19, 2021	Begin with a Breath
May 26, 2021	Mindfully Feeding Infants and Toddlers
June 2, 2021	Mindful Walking and Thought Surfing
June 9, 2021	What is Anger
June 16, 2021	Calming Down
June 23, 2021	Six Principles of Problem Solving
June 30, 2021	Forgiving and Letting Go

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