



Stress Less with Mindfulness

DATE & TIME:

Four sessions:

Noon-1 pm

August 19-22, 2024

LOCATION: Zoom

Participants will receive email with zoom link and series paperwork prior to first session

COST: Free

Pre Registration:

<https://>

events.anr.msu.edu/

[SLWMOOnlineAug24JK/](https://events.anr.msu.edu/SLWMOOnlineAug24JK/)



Presenters:

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What:

Join us for five sessions to learn a wide variety of strategies of Mindfulness that leads to stress reduction, pain relief and improved focus:

Begin with Breath

Mindful Eating

Mindful Walking and Thought Surfing

Be Kind to your Mind

Mindful Laughter—The Best Medicine

For: Adults and Seniors

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