

You're Invited!



Join Us For Working Well with Mindfulness

Join us for Working Well with Mindfulness! Sign-up once and gain access all year-round to different mindfulness programs to suit your different needs.

We're here to support you.

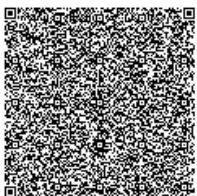
"Be happy in the moment, that's enough. Each moment is all we need, not more." --Mother Theresa

To Register

<https://themindful-e-center.com/courses/204/enroll>

Program Includes:

- Twice Monthly Drop in Workshops, every 1st and 3rd Saturday of the month, 10AM-11AM.
- Weekly Drop In Meditation Sessions, Monday's & Thursday's, 12-12:20 PM.
- October Saturday Topics:
 - *October 2nd: Riding the waves: Mindfulness to Reduce Reactivity
 - *October 16th: Stillness in a fast-paced World



Or Scan
This Code
With Your
Phone

Drop in for whatever programs serve you..... we're here for all of your mindfulness and stress reduction needs!