



JOIN US FOR A FREE 5 SESSION SERIES

STRESS LESS WITH MINDFULNESS

This five-class series introduces participants to the experience and practice of mindfulness to reduce stress.

Precinct 1 Community Room
3505 Pleasanton Rd, San Antonio, TX 78221
10:00 a.m - 11:00 a.m

Session 1: Begin with a Breath (October 20th)

Session 2: Mindful Eating (October 27th)

**Session 3: Mindful Walking/Thought Surfing
(November 3rd)**

**Session 4: Be Kind to Your Mind
(November 10th)**

**Session 5: Laughter is Good Medicine
(November 17th)**



Supported by
Rebeca Clay-Flores
Bexar County Commissioner
Precinct 1

For more information contact Health & Wellness Educator -
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phone (210) 631-0400