

JOIN US FOR A FREE 5 SESSION SERIES ON
MICROSOFT TEAMS

STRESS LESS WITH MINDFULNESS

This five-class series introduces participants to the experience and practice of mindfulness to reduce stress. Mindfulness can be defined as paying attention in a particular way: On purpose, in the present moment, and non-judgmentally.

Session 1: Begin with a Breath

Session 2: Mindful Eating

Session 3: Mindful Walking/Thought Surfing

Session 4: Be Kind to Your Mind

Session 5: Laughter is Good Medicine

For more information or to schedule this series at your worksite/organization contact Health & Wellness Educator - Ashley Hernandez by email ashley.hernandez@ag.tamu.edu or phone (210) 631-0400. (Minimum of 10 - 15 participants per class required)