



Join Texas A&M AgriLife
Extension for a **FREE** series

STRESS LESS WITH MINDFULNESS

Session 1: Begin with a Breath (July 7, 2022)

Session 2: Mindful Eating (July 14, 2022)

Session 3: Mindful Walking/Thought Surfing (July 21, 2022)

Session 4: Be Kind to Your Mind (July 28, 2022)

Session 5: Laughter is Good Medicine (August 4, 2022)

All sessions are at 12:00 pm - 1:00 pm

Location:

**Double Height Court Room,
Bexar County District Courts
100 Dolorosa, San Antonio, TX 78205**

Register Here:

https://agrilife.az1.qualtrics.com/jfe/form/SV_bdrDi2atIatTdI4

or use the QR Code



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