



TEXAS A&M AGRILIFE EXTENSION

STRESS LESS WITH MINDFULNESS

SCHEDULE YOUR FREE SERIES!

Session 1: Begin with a Breath

session 2: Mindful Eating

session 3: Mindful Walking/Talking

Session 4: Be Kind to Your Mind

Session 5: Laughter is Good Medicine

**TEXAS A&M
AGRILIFE
EXTENSION**

**FAMILY &
COMMUNITY HEALTH**

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