

Mindfulness Based Wellness Group



Wednesday Evenings

6 Week Workshop

March 15th - April 19th

6:00-7:00pm

Center at the Heights • 300 Hillside Ave • Needham, Ma

The Program is Free of Charge

Registration is required.

To register, please call: 781-455-7555

For more information, contact

Kerrie Cusack, LCSW

781-455-7555 ext. 205

**During this series,
you will learn:**

- ◇ How to define mindfulness
- ◇ More about the mind + body connection
- ◇ Ways to incorporate formal and informal mindfulness practice into everyday life
- ◇ Practical ways to reduce stress and increase sense of peace
- ◇ How to better take care of yourself and those you love



All Are Welcome!



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