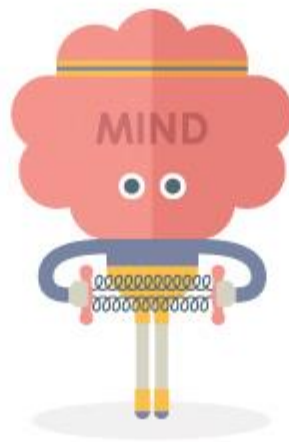


Mindfulness Practice Group



Thursdays from 3:00-4:00pm at the
Mount Carmel Healthy Living Center

Jan 17 | Jan 31 | Feb 14 | Feb 28 | March 14

Learn how to exercise your ability to focus, recharge, and connect with mindfulness. Practicing together is a great way to establish mindful habits. These five practice sessions are an opportunity for you to learn about the mindfulness practice and gain confidence in your ability to do it. Daron Larson is an experienced meditation instructor who encourages curiosity over perfectionism. The more sessions you're able to attend, the better, but please consider attending as many as you're able. You'll not only pick up empowering exercises to test out in the laboratory of your daily life, but you'll also be part of a supportive community of explorers.

Registration is not required and walk-ins throughout the series are welcome! For more information please call the Main Line: **614-234-4660**



MOUNT CARMEL
Healthy Living Center

*This class is being offered at
no charge due to generous
funding from the **Mount
Carmel Foundation.***