



Join us for

Stress Less with Mindfulness

This program introduces participants to the experience and practice of mindfulness to reduce stress. Successful stress management has been found to be effective in reducing related symptoms such as worry, depression, and physical tension.

- > Learn about the benefits of mindfulness-based approaches to stress reduction.
- > Understand how to recognize your personal stressors.
- > Experience mindful movement, mindful breathing, and other mindfulness skills as ways to relax and manage stress.

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The Texas A&M University System, U.S. Department of Agriculture, and the County Commissioners Courts of Texas Cooperating

A FIVE-CLASS SERIES

Gatesville Senior Center

**208 Lutterloh Ave
@ 10am**

SESSION 1 – Sep. 11th
Begin with the Breath

SESSION 2 – Oct. 2
Mindful Eating

SESSION 3 – Nov. 6
Mindful Walking/Thought Surfing

SESSION 4 – Dec. 4
Be Kind to Your Mind

SESSION 5 – Jan 8
Laughter is Good Medicine

To register contact:

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