



Stress Less with Mindfulness On-Line Series

DATE & TIME:

Five sessions:
December 7-11, 2020
Noon-1p.m. EST

LOCATION: Zoom

Participants will receive email
with zoom link and series
paperwork prior to first
session

COST: Free

Pre Registration:

[https://
events.anr.msu.edu/
SLWMonlineDecJK/](https://events.anr.msu.edu/SLWMonlineDecJK/)

Presenters:

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What:

Join us for five sessions to learn a wide variety
of strategies of Mindfulness that leads to stress
reduction, pain relief and improved focus:

Begin with Breath

Mindful Eating

Mindful Walking and Thought Surfing

Be Kind to your Mind

Mindful Laughter—The Best Medicine

For: Teens, Adults and Seniors

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MSU Extension programming has something to offer every member of your family

Michigan State University Extension helps people improve their lives by bringing the vast knowledge and resources of MSU directly to individuals, communities and businesses.

To help you be healthy at every stage of life, MSU Extension delivers affordable, relevant, evidence-based education to serve the needs of adults, youth and families in urban and rural communities. Programs focus on helping you gain the skills you need to buy and prepare nutritious, budget-friendly foods, increase your physical activity and stretch your food dollars.

MSU Extension's children and youth programs address needs and issues from birth through age 19, providing parents with educational resources related to your child's development and giving youth the opportunity through 4-H programs to build leadership and teach practical life skills.

To find your local county office visit msue.msu.edu/county.

For more information or to join a class, contact your local MSU Extension county office or visit www.msue.msu.edu

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