## **Mindful Mondays**



Mind Full, or Mindful?

Life is stressful, but anyone can learn to cope. Practicing mindfulness can help reduce stress and improve memory.

Join us for a 15-minute guided mindfulness activity each week, followed by 45 minutes of quiet stress relieving activities.

> Every Monday January 29th - April 30th 11:30am-12:30pm Science Center Room 459