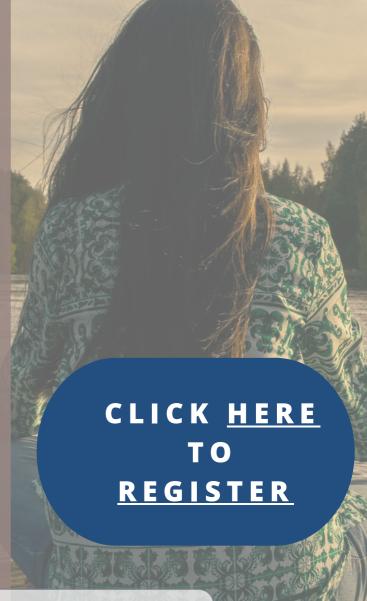
## Start Your Day Mindfully

Are you wanting to start (or restart) a mindfulness practice? Please join us for a weekly, drop-in, guided mindfulness workshop.

Tuesdays
Aug. 15-Oct. 25, 2022
8am EST/7am
CST/1pm BST

**Cost: Free/Donation** 

Sessions will be **45 minutes** and include a variety of mindfulness techniques designed to help individuals learn how to manage anxiety, stress, and depression, develop greater self-awareness, and gain support through practicing with others.



Change Works
Psychology Ltd.

https://changeworkspsychology.com