

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.

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TO
REGISTER**

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