



## Stress Less with Mindfulness

### DATE & TIME:

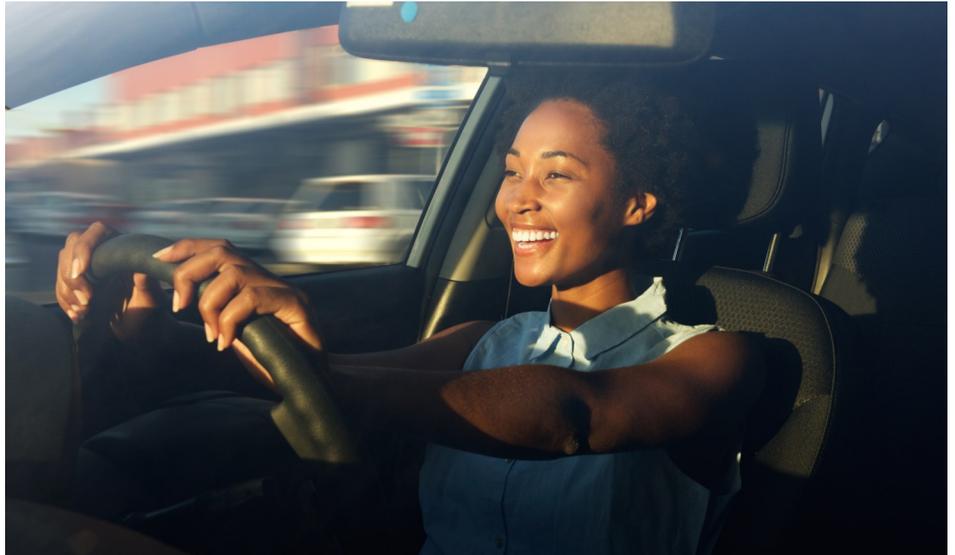
Tuesdays, August 27-  
September 24, 2019  
4-5:30 p.m.

### LOCATION:

McLaren Greater Lansing  
401 West Greenlawn  
Women and Children's  
Conference Room,  
Second Floor, room 2203

Cost: Free

To register, contact  
Michele:  
(517) 975-7814 or



Mindfulness means paying attention to the present moment without judgement. Research has shown that practicing mindfulness is effective in reducing stress-related symptoms such as worry, depression and physical tension, and may be helpful in managing chronic conditions such as cardiac disease and diabetes.

By offering teens, adults, and seniors alternative ways of relating to everyday life experiences, including thoughts, emotions, physical sensations and events, Stress Less with Mindfulness teaches and encourages the use of mindfulness self-care skills to help one feel better and enjoy life more.



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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](https://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](https://www.msue.msu.edu)**

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