

Wellness@Work is pleased to announce:

A VIRTUAL MINDFULNESS SERIES

starting Monday, October 16.

Open to all employees, dependents, and pre-65 retirees!

Cost: Only \$20 for the first five people who sign up!

Register NOW - contact Liska Lackey, llackey@email.unc.edu or 919-968-2796.

Why Mindfulness?

To bring awareness to what is going on in our minds and bodies at any given moment, helping us slow down and live our lives more fully.

- Develop a foundation of the classic practices of Mindfulness: Body Scan, Seated Meditation & Loving Kindness Meditation.
- Access coping skills for stress-related to any life circumstance, including pain and illness.
- Experience life more fully; stepping out of "Auto Pilot" and living life from a place of reason and presence.

Instructor: Paula Huffman, from UNC's Program on Integrative Medicine.

The total cost for the course is \$80 but the Town is covering some of the cost!

- Just \$20 for the first 5 people who sign up, \$40 for others who sign up

**Register NOW -
contact Liska Lackey,
llackey@email.unc.edu
or 919-968-2796.**

Dates: Monday evenings starting October 16 through November 6

Time: 6 to 7:30pm

How: Virtually through Zoom

RSVP: by Monday, October 9: Liska Lackey, llackey@email.unc.edu or 919-968-2796

Cost: \$20 for the first 5 who sign up, then \$40

Help share the news!

Please print and post the flyer and tell your co-workers and family!

