

Wellness@Work is pleased to announce:

A VIRTUAL MINDFULNESS SERIES

starting Tuesday, September 10

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 to slow down and live our lives more fully.

- Develop a foundational knowledge of the classic practices of Mindfulness; Body Scan, Seated Meditation, and 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 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: Thursday, starting September 10 through October 15

Time: 12 noon to 1pm

How: Virtually though Zoom

RSVP: Tuesday, September 3: 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!

