



**Please Join Us in Celebrating Good Health!**

# **MINDFULNESS**

An Interactive Workshop

**April 9<sup>th</sup>**

**10:00a.m. – 11:00a.m.**

**Druker Auditorium, Newton Free Library**

## **Learn...**

- What is Mindfulness
- Mindfulness tools to use in everyday life
- Becoming a mindful eater
- Creating a Mindful Workspace



**MASSACHUSETTS**

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