

# INTRODUCTION TO MINDFULNESS FOR WELLBEING

Presented by Marjatta Moimas,

MBSR Teacher, MA in Mindfulness Studies,

Trained in MBCT & trauma-sensitive mindfulness



**April 18, 2019 6:00 - 7:30pm**

**Presentation & complimentary light dinner**

**Community Room at Holden Rehabilitation &  
Skilled Nursing Center, 32 Mayo Drive, Holden**



- Daily mindfulness skills & routines
- Working with thoughts, emotions and the body
- Self compassion
- Guided practices for people with chronic illness

**RSVP to Debby 508-829-1213**

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