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Press Release

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FOR IMMEDIATE RELEASE
In Local Media/Medical
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MINDFULNESS FOR WELLBEING

HOLDEN – THE ORIORL FOUNDATION WILL BE HOSTING “AN INTRODUCTION TO MINDFULNESS FOR WELLBEING” ON APRIL 18TH. THE PROGRAM WILL BE PRESENTED BY MARJATTA MOIMAS; MSBR TEACHER, MA IN MINDFULNESS STUDIES, TRAINED IN MBCT AND TRAUMA-SENSITIVE MINDFULNESS. LEARN DAILY MINDFULNESS SKILLS, WORKING WITH THOUGHTS AND EMOTIONS, SELF COMPASSION AND GUIDED PRACTICES FOR PEOPLE WITH CHRONIC ILLNESS. FREE AND OPEN TO THE PUBLIC OF ALL AGES. MEETING WILL BE FROM 6 – 7:30PM AND WILL INCLUDE HANDOUTS AND A LIGHT MEAL. MEETINGS ARE HELD IN THE COMMUNITY ROOM AT HOLDEN REHABILITATION & SKILLED NURSING CENTER, 32 MAYO DRIVE, HOLDEN. DINNER IS AT 6PM AND PRESENTATION IS IMMEDIATELY AFTER. PLEASE RSVP TO DEBBY AT 508-829-1213 OR DOSIPOV@ORIORLHEALTHCARE.COM

[\(FLYER ATTACHED ALSO\)](#)