

Exploring Mindfulness



Mindfulness is a practice that cultivates present-moment awareness, fostering a deeper connection to ourselves and our surroundings. In this presentation, attendees will explore practical techniques to integrate mindfulness into daily life. Through guided exercises and discussion, attendees will gain actionable insights to manage stress and navigate challenges with greater clarity and calm.

**This workshop is a sanctioned wellness activity that can count toward your 2025 wellness incentive.

Date

Monday, May, 20, 2024

Time

11:30am - 1:00pm

Location

Miller Room

Presenter

Amy Patton

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