

Stay balanced with Mindful Mondays

Mindful Mondays are monthly, no-cost classes designed to help you combat stress and build resilience.



Finding More Margin in Your Day

Learn tips to lessen time stress, create healthier boundaries, and build more self-care and downtime into your day.

Guided Meditation, Cultivating Gratitude this Holiday

Join us for a mindful practice of how to incorporate gratitude into your daily life for this season and going forward. Gratitude helps people feel more positive emotions, relish good experiences, improve their health, deal with adversity, and build strong relationships.

Introduction to Reflective Journaling

Learn journaling tips and techniques that will help document evolving feelings, emotions, and

Finding More Margin in Your Day

Monday, October 16

12 – 1 p.m. E.T.

Guided Meditation, Cultivating Gratitude this Holiday

Monday, November 13

12 – 1 p.m. E.T.

Introduction to Reflective Journaling

Monday, December 4

12 – 1 p.m. E.T.

REGISTER TODAY

bit.ly/3Y33fry