

# Stay balanced with Mindful Mondays

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



## Introduction to Relaxation Exercises

Relaxation techniques can help us manage stress and improve our overall health. Join us to learn how to incorporate quick exercises throughout your day, including deep breathing, progressive muscle relaxation, and meditation.

## Understanding Mental Health Guided Meditation

Cultivating mindfulness has been shown to help with stress, anxiety, and depression. We'll meditate to bring a sense of calm to our bodies.

## Guided Meditation for Energy and Focus

While we often think of meditation as a calming tool, it can also be used to increase our energy. Learn how meditation can help you release tension, recharge your mind, and better handle distractions.

### Introduction to Relaxation Exercises

**Monday, April 8**  
**12 – 1 p.m. ET**

### Understanding Mental Health Guided Meditation

**Monday, May 20**  
**12 – 1 p.m. ET**

### Guided Meditation for Energy and Focus

**Monday, June 3**  
**12 – 1 p.m. ET**

**REGISTER TODAY**

[bit.ly/3Y33fry](https://bit.ly/3Y33fry)