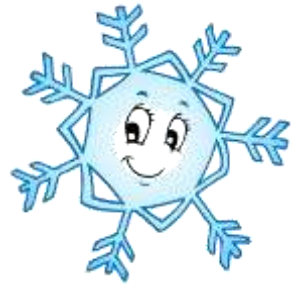


*Plan to Attend a  
Self-Care Workshop*



# **Introduction to Mindfulness**

**Thursday, January 31  
1:00 pm**

***Odd Fellows Hall  
374 1<sup>st</sup> Street West, Stonewall***

- Learn about focusing awareness on the present moment,
- Explore practices of:
  - ◆ Mindful breathing
  - ◆ Body scan
  - ◆ De-stressing



**Everyone Welcome!**



**For More Information,  
Call 55 Plus @ 204-467-2582**