**MINDFULNESS**

**FOR NAVIGATING THE HOLIDAYS**

The holidays are part joyful, part stressful.

Learn mindfulness techniques that can help you

reduce stress and embrace the spirit of the season.

**Saturday, November 17th**

 **10:30-12pm**

 **Suggested donation $20**

**Taught by: Lynne Smith, CMMT, NP**

Certified Meditation & Mindfulness Teacher

Women’s Health Nurse Practitioner

[www.themindfulnowmeditation.com](http://www.themindfulnowmeditation.com)

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