

Mindful Me: Waking Up to My Life
A program that teaches you to respond with mindfulness
to everyday life.

What is mindfulness? Mindfulness means paying attention in a particular way, on purpose, in the present moment, without judgment.

The focused attention of mindfulness increases awareness and contributes to positive changes in the function and structure of the brain. The practical result is that you strengthen your capacity to respond skillfully to stress, pain, illness and the everyday challenges of life.

Extensive research shows that mindfulness plays an important role in reducing symptoms of stress including muscular tension, headaches, insomnia, gastrointestinal distress and skin conditions.

Studies document that the practice of mindfulness strengthens the immune system and has helped people manage symptoms of conditions such as asthma, cancer, depression, diabetes, heart disease and obesity.

Eight Mondays to Change Your Life!

Meets eight consecutive Mondays, March 16 – May 4

You can register for one of two sessions:

Afternoon Session: 1:00 – 3:00pm

Evening Session: 5:30 – 7:30pm

Class size limited. Registration required by March 11.

*You'll leave the program with a mindfulness practice of your own
that will serve you the rest of your life.*

This program is offered free of charge through St. Mary-Corwin's Department of Mission Integration and Spiritual Care. For further information or to register please contact:
Rev. Jude LaFollette, Spiritual Care at 719-557-5205 or judithlafollette@centura.org