

Mindful Me: Waking Up to My Life

*Observing the mind. Inhabiting the body.
Accepting emotions. Responding skillfully.*



What is mindfulness?

Mindfulness means paying attention in a particular way to the present. When you're mindful, you observe your thoughts and feelings without judging them. Instead of letting life pass you by, you awaken to and live fully in present moment experience.

We invite you to change your life. The Mindful Me program is perfect for adults who have a desire to:

- Actively engage in health and well-being
- Be present with an open mind and heart
- Attend all eight classes and the half-day practice retreat
- Practice daily home assignments

The Mindful Me program is offered free of charge. Classes meet on eight consecutive Mondays with a half-day Saturday practice retreat. Registration is required and seating is limited.

Winter Session: January 25 – March 14

Afternoon class 1:00 p.m. to 3:00 p.m.

Evening class 5:30 p.m. to 7:30 p.m.

Registration opens December 28, closes January 21

Spring Session: April 4 – May 23

Afternoon class 1:00 p.m. to 3:00 p.m.

Evening class 5:30 p.m. to 7:30 p.m.

Registration opens March 7, closes March 31

Fall Session: September 12 – October 31

Afternoon class 1:00 p.m. to 3:00 p.m.

Evening class 5:30 p.m. to 7:30 p.m.

Registration opens August 15, closes September 8

For more information or to register, contact Jude LaFollette, M.Div., B.C.C., 719-557-5205 or judithlafollette@centura.org

We are part of Centura Health, the region's leading health care network.

**St. Mary-Corwin
Medical Center**



INSPIRE HEALTH

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