

Holistic Living: Mindfulness

Join us for this 5-week
workshop

ANXIETY HOLDING YOU BACK FROM LEADING A FULFILLING LIFE?

Mindfulness means living life in the present moment, and that can be difficult to do when battling anxiety. This workshop is for people interested in learning and practicing proven ways to reduce anxious thoughts and uncomfortable physical responses to anxiety. In this 5-week workshop, we will focus on Mindfulness: what it is, and how to tap into your body to create inner peace.



1

WHO IS THIS GROUP FOR?

This group is for people 18 and older with anxiety

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WHEN DOES IT MEET?

Thursdays 5:30-7:00pm
February 16 - March 30 (no group March 16)

3

WHAT'S THE COST?

\$250 for the workshop. Most major credit cards and HSA's accepted.

4

HOW DO I SIGN UP?

Email us to find out more:
dbt@havencounselors.com