



# FREE workshop!

## An Introduction to Everyday Mindfulness~

This workshop is designed to introduce participants to:

- what mindfulness is
- the benefits of a mindfulness practice

This is a safe and welcoming space!

**Fridays, 5/3-5/24**  
**12:30 PM - 2:00 PM**



**(530) 229-5115. Call to save your spot!**



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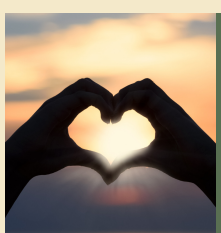
*The Benefits of Mindfulness:*



**Better sleep**



**Less Stress**



**Improved focus**



**Increased happiness**