

MINDFUL Meditation



Wednesdays, 12:00 to 12:20 PM

Meditation can give you a sense of calm, peace, and balance that can benefit your emotional well-being and overall health.

- Gain a new view on stressful situations.
- Build skills to manage your stress.
- Reduce negative feelings.

Please join us for this free, LIVE event on our Facebook page: www.facebook.com/shastachc

For more information: (530) 229-5115 or patiented@shastahealth.org

Disclosure: This is NOT therapy, but an opportunity to learn some practical, healthy coping skills for dealing with trauma and stress.

