



Mindfulness Basics Group



Wednesdays 11:00 am - 12:00 noon

This group provides a relaxing environment to learn about stress reduction and mindfulness.

You will practice simple stretching, guided meditation, breath meditation, and learn the basics of mindfulness. Practicing mindfulness has been shown to decrease stress, enhance awareness and to improve your relationships with yourself and others.

**FOR ADULTS 18+
MEDICAID INSURANCE ACCEPTED
PRIVATE INSURANCE COPAY VARIES**

FOR ADDITIONAL INFORMATION AND SCREENING CONTACT

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