



A FIVE-CLASS SERIES
Parker County Extension
604 North Main St.
11:30 a.m. – 1:15 p.m.
Lunch provided.
\$5.00 per class or \$20.00 to attend all classes.

SESSION 1 – Begin with the Breath
February 7

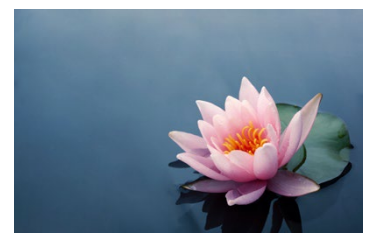
SESSION 2 – Mindful eating
February 14

SESSION 3 Mindful Walking and Thought Surfing
February 21

SESSION 4 Be Kind to Your Mind
February 28

SESSION 5 Mindful Laughter
March 6

To register, contact the Parker County Extension Office at 817-598-6168



Join us for

Stress Less with Mindfulness

This program introduces participants to the experience and practice of mindfulness to reduce stress. Successful stress management has been found to be effective in reducing related symptoms such as worry, depression, and physical tension.

- > **Learn about the benefits of mindfulness-based approaches to stress reduction**
- > **Understand how to recognize your personal stressors.**
- > **Experience mindful movement, mindful breathing, and other mindfulness skills as ways to relax and manage stress.**

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