



MINDFULLNESS FOR BUSY PEOPLE WEBINAR

LED BY WELLNESS JOURNEYS

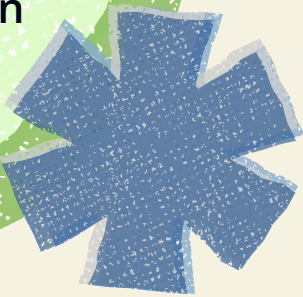
May 1st
11:00am

Learn how to bring mindfulness into your daily routine to reduce stress, sharpen focus, and create a greater sense of calm and presence.

Learn:

- Basics of Mindfulness that can be used during ordinary life
- What research says about doing just 2 minutes of Mindfulness
- The powerful Body Scan Technique that can help calm you in real time

REGISTER



For BOCC Employees Only: This YourChoice workshop earns points in the **Emotional** wellbeing pillar for Manatee Thrives.