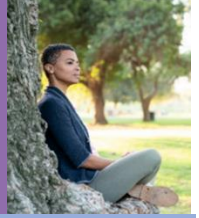


Mindful Minute Series

Improve Your Resiliency and Mood



During this 8-week series, learn practical ways to incorporate meditation, relaxation techniques, and gratitude into your day. You will find it doesn't take much time at all to experience the many health benefits of good self-care! We hope you will join us!

Starting on Monday, February 12th, I will send you a weekly email with guided mindfulness exercises, tips for incorporating mindfulness into your daily routine, and resources to support your practice. Each session will only take a few minutes, making it easy to fit into your busy schedule.

Here's what you can expect from the series:

- **Weekly Guidance:** Receive weekly emails with activities and resources to help you with practicing mindfulness.
- **Building on Themes:** Each week focuses on a different theme of mindfulness, creating a progression:
 - Week 1: Introduction to Mindfulness
 - Week 2: Progressive Muscle Relaxation
 - Week 3: Slowdown
 - Week 4: Thankfulness
 - Week 5: Compassion
 - Week 6: Forgiveness
 - Week 7: Responding
 - Week 8: Goal Setting

To sign-up for the 8-week Mindful Minute Series Campaign, please scan the QR code:



Participants who sign-up for the campaign will be entered in a raffle for a Fit Bit Versa 2!