

You're Invited!



Join Us For Life on Mindfulness

Join us for Life on Mindfulness!
Sign-up once and gain access
all year-round to different
mindfulness programs to suit
your different needs.

We're here to support you.

*"Be happy in the moment, that's
enough. Each moment is all we
need, not more."* --Mother Theresa

To Register

<https://themindful-center.com/courses/204/enroll>



Or Scan
This Code
With Your
Phone

Program Includes:

- Twice Monthly Live Online Mindfulness Workshops, every 1st and 3rd Saturday of the month.
- Mondays, 12-12:30 PM drop-in live guided meditation on Zoom
- 5 Downloadable guided meditations a month
- Once a month training video on a specific aspect of life on mindfulness, including relationships, mindful eating, work-life balance and more.

Drop in for whatever programs serve you.....
we're here for all of your mindfulness and stress
reduction needs!