

A Week of Mindfulness Community Events in Homer September 19-24, 2016

Mindfulness is the quality of being aware of what is happening while it is happening, without judgment. See for yourself its beneficial, wholesome impact on physical, emotional, mental, and spiritual wellbeing.

Attend any or all of these opportunities to support your wellbeing!

Monday, September 19, 5:30-7:30pm

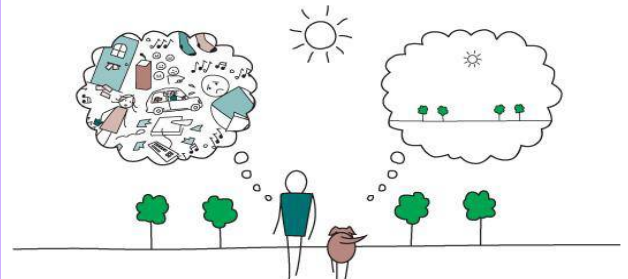
Homer Council on the Arts

Stress Reduction & the Mindful Brain: **Practical Tools for Providers & Caregivers**

Mini-workshop open to all.

Food provided. Event by donation.

2 CNE hours available for RNs.



Mind Full, or Mindful?

Tuesday, September 20, 5:30-7:30pm

Homer Public Library

Mindful Families & Mindful Schools

Mini-workshop for parents, teachers, and anyone wanting to help students increase focus & lower stress!

Childcare available. Food provided. Event is free.

For Childcare: RSVP by noon 9/20 @ 235-6044. Space is Limited!

Saturday, September 24, 10am-4pm

Ageya Wilderness Education Center

Day of Mindfulness: Supporting **a Mindful Self & Community**

Enjoy a day of mindful activities:

- *Walking
- *Listening
- *Movement
- *Meditation
- *Deep Relaxation

NO PRIOR EXPERIENCE NECESSARY!

Sliding Scale \$20-\$45 per person.

Scholarships available.

~Please pack a lunch~

Friday, September 23, 5:30-7:30pm

Kachemak Bay Campus, Room 202

Mindful Paths to Wellness

Intro by Dr. Rob Downey, SPH Functional Medicine Clinic

Food provided. Event by donation.

We are pleased and excited to welcome presenter Jerry Braza, PhD

Jerry has been a leading voice in the field of health education and mindfulness. As a former university professor and author of two books on mindfulness, he brings a variety of practical experience from his work with behavioral health groups, health care organizations and non-profits.

