

MINDFUL LIVING

Are you interested in personal development, Stress reduction, or anger management?

Then Mindful Living is the place to be.

*In the Mindful Living group you will learn how to use Mindful awareness and basic psychology to create a more fulfilling, successful, and peaceful life. With all this time on your hands you have a great opportunity to improve yourself and your life, **DON'T WASTE IT!***



Approved
J. John
12-6-11

JOIN US ON THURSDAY NIGHT AT 6:30 IN CLASSROOM #4 PEOPLE OF ALL FAITHS AND BACKGROUNDS ARE WELCOME

Group I created and facilitated
~~Group I created and facilitated for 18 months~~