

JOIN US FOR

# Stress Less

with

# Mindfulness

This program introduces participants to the experience and practice of mindfulness to reduce stress. Successful stress management has been found to be effective in reducing related symptoms such as worry, depression, and physical tension.

- Learn about the benefits of mindfulness-based approaches to **stress reduction**.
- Understand how to **recognize** your personal stressors.
- Experience mindful movement, mindful breathing, and other mindfulness skills as **ways to relax and manage stress**.

A FIVE-CLASS SERIES  
Online via Teams

If you would like to schedule this program for your organization please contact us at:

The Montgomery  
County Extension  
Office at 936.539.7825  
Option 4

