

ONSITE COACHING

Mindfulness Group Series



“You can’t stop the waves but you can learn to surf.”
– Jon Kabat-Zinn

Discover the benefits of mindfulness or deepen your practice with Coach Lou in this 6-session series. Learn simple, practical ways you can bring mindfulness into the workday. Each 30 minute session will include a guided meditation and a work tip you can practice that week.

**Capitol Square Healthcare Conference Room,
Mezzanine level of the James Monroe Building**
Dates: Wednesdays November 7th thru December 19th
****No session November 21st****
Time: 12:15PM – 12:45 PM

Registration is REQUIRED as seating is limited! Attendance to all 6 sessions is encouraged, but not required.



TO REGISTER: Contact Coach Lou Winterling, MS, NBC-HWC, CPT
Phone: 844-342-1791 x 8578
Email: covacoach@activehealth.net
Offices located at Capitol Square Healthcare
ActiveHealth services are not affiliated with CommonHealth.

