

# ONSITE GROUP COACHING

## Mindful Wednesdays



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

Join Coach Lou for a 6-session mindfulness group coaching series to discover the benefits of mindfulness and learn practical skills to bring mindfulness to your day. Each 30-minute group session will include a guided meditation and explore various mindfulness practices.

**Registration is REQUIRED as seating is limited!**  
**Complete 6 session attendance is encouraged; drop-ins accepted as space permits.**

**Dates:** Wednesdays  
**November 8, 15, 29 & December 6, 13, 20**

**Time:** 12:00 PM – 12:30PM

**Where:** Capitol Square Healthcare, Mezzanine level  
**James Monroe Building.**

ActiveHealth services are not affiliated with CommonHealth.



**TO REGISTER:** Contact Coach Lou Winterling, MS, ACSM-CPT, IHC  
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Offices located at Capitol Square Healthcare

