

Mid-Week Mindfulness



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

Discover the benefits of mindfulness with Coach Lou in this 6-session series. You’ll be introduced to 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.

Dates: June 6 through July 18 (no session on July 4th)
Time: 12:00 PM – 12:30 PM

Registration is REQUIRED as seating is limited! Complete 6 session attendance is encouraged, but not required. Sessions are held at Capitol Square Healthcare, located on the Mezzanine level of the James Monroe Building.

ActiveHealth services are not affiliated with CommonHealth.



TO REGISTER: Contact Coach Lou Winterling, MS, NBC-HWC, CPT
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