

# One Month (+) Of Mindfulness



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

Do you ever catch yourself feeling overwhelmed or stressed during the workday? You can take a small break to calm and refocus your mind. Join our weekly mindfulness calls, with others who want to experience the benefits of mindfulness practice. Take 10 minutes to pause, and gather yourself up for the next half of your day.

**Weekly 10-minute mid-week mindfulness call-in**  
**Every Wednesday @ 12 noon**  
**January 23<sup>rd</sup> thru February 27<sup>th</sup>**

**Registration is REQUIRED one time via Webex and you may join at any time, thereafter! Email [covacoach@activehealth.net](mailto:covacoach@activehealth.net) for additional registration information.**

ActiveHealth services are not affiliated with CommonHealth.



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