

Onsite Mid-Week Mindfulness Call-In



“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.

**Join our weekly 10-minute Mid-Mindfulness Call-in
Wednesdays @ 12 noon
August thru December 2018**

**Registration is REQUIRED but you may join at any time!
Email covacoach@activehealth.net for registration
information.**

ActiveHealth services are not affiliated with CommonHealth.



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