Mind Full? Or Mindful?

an introduction to mindfulness

Friday, Dec. 6, 2019 • 9:30 a.m.-Noon
$40 each
FuseCR (803B S. College Road, Wilmington)

Quiet and calm your mind.
Decrease symptoms associated with stress.
Improve overall physical and emotional well-being.

Instructor: Paula Huffman, BS, RN, ERYT, Mindfulness Instructor and Adjunct Faculty, UNC Program on Integrative Medicine

Registration is required: http://bit.ly/chhsMindful