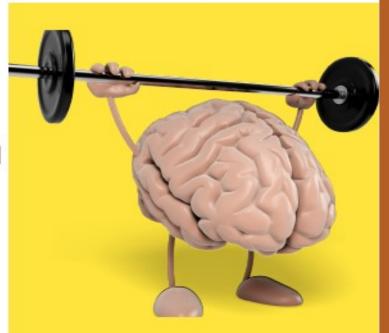


Happy Humans Mindfulness

Mindfulness and The Brain

Join Zoom Meeting: HERE



Explore and learn!

- · What Mindfulness is
- What Mindfulness isn't
- Practice and reflect
- Benefits of mindfulness
- An overview of the brain
- How Mindfulness changes the brain
- Simple breathing practices for adults and kids

When: 5/6/21

Time: 6:00-7:00

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