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Mindfulness Workshop Information Session

With Andrew Safer

**Join us for an Information
Session on Mindfulness
Thursday
September 8th
7:00pm**

*(** workshop will run from Sept. 15th - Oct. 13
pending interest)*



Andrew Safer is a writer, communications consultant, workshop facilitator, and mindfulness instructor.

Mindfulness practice brings us back to the here and now and helps us to not get caught up in the storylines in our head about the past and future. This workshop series is for beginners and people who would like to develop a regular mindfulness practice.

For More Information or to register for the
information session please Contact: James
@ 709-753-7710

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