



MINDFUL MEDITATION GROUP

THIS IS AN ON-GOING GROUP

Facilitator:

**Evelyn Chambers, PSS,
CHW,CRM**

Evelyn began her journey into mindfulness more than 7 years ago to help with her own stress and anxiety. She has since become a passionate advocate for mindfulness as an extremely effective means of improving health and well-being.

Fee:

Mindful Meditation is a no-charge component of the WISH program.

To Register:

Please speak to your provider

TUESDAYS: FROM 2:30 PM-3:00 PM

THURSDAY: 2:30PM-3:00 PM

Join us for guided mindfulness meditation classes that offer instruction, practice, discussion, laughter and community.

This Meditation practice concentrates and calms the mind. At the heart of Meditation is the practice of mindfulness, a practice of moment-to-moment observation which cultivates a clear, stable and non-judgmental awareness. While mindfulness practice can be highly effective in helping bring calm and clarity to the pressures of daily life, it is also a spiritual path that gradually dissolves the barriers to the full development of our wisdom and compassion.

In this class you will learn to:

1. Develop a healthier relationship with your thoughts.
2. Develop more balance with your emotions.
3. Become more in touch with your body and mind.

BE WELL - BE YOU

QUEST 
CENTER
FOR INTEGRATIVE HEALTH