

Mindful Wellness Workshop

POEHAILOS, DUPONT & ASSOCIATES

887-B Rio East Ct, Charlottesville, VA 22901



Interested in learning ways to help manage stress for yourself or your family? Mindfulness techniques can help us learn to manage our feelings and give us a meaningful way to cope. Looking to create a greater sense of balance in your life? Mindfulness teaches us how to be in our lives, just as it is, without judging our lives.

[“You can’t stop the waves, but you can learn how to surf” –Jon Kabat-Zinn.](#)

Join us for **“An Introduction to Mindfulness”** workshop.

This “unplugged” evening of stress-reduction serves as an introduction to the importance of mindfulness in our daily lives. Participants will learn about neuroscience and research connected with mindfulness. We will practice calming breathing techniques and meditation.

Dates: June 28th or July 26th

Time: 6:00pm – 7:30pm

Place: Poehailos, Dupont & Associates

887B Rio East Court

Charlottesville, VA 22901

Cost: \$50



Please call [434-220-4686](tel:434-220-4686) ext. 108 to register.

Presenters:

Philip D. Dupont, PhD

Anna Vanhoy, LCSW

Robin Albertson Wren,

Mindfulness Coach