



HEALTH & WELLNESS DISCUSSIONS 2020



# MINDFULNESS & MEDITATION

CARRIE GARITY • REGISTERED YOGA TEACHER RYT 500

**THURSDAY, APRIL 9, 2020 • 1:15 PM**

**Fairhaven Senior Services • 435 W. Starin Road, Whitewater, WI**

**What is mindfulness?** Join the conversation on mindfulness and learn various meditation and breathing techniques for stress reduction and better overall well-being.

**ALL CLASSES OPEN TO THE PUBLIC.**