



*Mindfulness*, at its core, is being present and aware as you live out your life day by day and moment by moment. Mindfulness means choosing to experience the present moment instead of dwelling in the past (which can lead to depression) or the future (which can lead to anxiety).

***Mindfulness, An Experiential Psychoeducation Experience***, provides an excellent opportunity to learn about mindfulness and apply it in a comfortable group setting. JOIN US for a onetime event on September 7<sup>th</sup> from 6 to 7 pm! You will learn:

- What is mindfulness and how does it help?
- Learn about research regarding mindfulness
- Practice a mindfulness technique called Grounding
- Q and A about how to incorporate your world view into your personal mindfulness journey

DATE: September 7th  
TIME: 6:00pm – 7:00pm  
PRICE: Free  
LOCATION: Acorn Counseling Education Services

***To register***, please contact:

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