

WHOLE HEALTH PRESENTS:

**Intro To
MINDFULNESS
MEDITATION**

Fargo VA Health Care System

This 3-class series introduces simple mindfulness techniques to reduce stress and improve wellbeing. Mindfulness brings focus, ease, and freedom from emotional reactions in daily life. It is a way of taking more pleasure and discovering gratitude.

Contact your Health Care Provider or Dr. Freeborn at Ext. 4406 to register.

**Whole Health & Wellness Center
(2E-25)**

May 17, 24, & 31 | 2-3 PM

June 14, 21, & 28 | 2-3 PM

July 12, 19, & 26 | 2-3 PM

