



Mindfulness to Managing Stress in Everyday Life

Join us for this upcoming wellness seminar!

Mindfulness is a focus on what's happening in the present moment. Learn to use mindfulness as a time to pay purposeful attention to your surroundings, emotions, thoughts and control the stressors of everyday life.

Learn more about:

- Understanding the benefits of stress management
- Determining the effects stress has on the body and mind
- Creating an action plan for short and long term goals
- Learning resources for ongoing support and skill building

Date: Tuesday, August 7th

Time: 2-3pm

**Location: Cedar Sinai Park (6140 SW Boundary St. Portland),
Zidell Hall**

For questions, contact Geneva Dougal at 503-535-4015/geneva.dougal@cedarsinaiark.org

* Please note you do not need to be a Kaiser Permanente member to participate.