

# Mindful Morning

## A Three-Hour Mini-Retreat Saturday, December 8 • 9 – NOON

This three-hour mini-retreat is designed for individuals of all levels of experience. Mindfulness-based exercises, meditation, and movement (stretches and gentle yoga) will be combined with discussion of the principles of mindfulness and its relevance to stress in our lives. Cost is \$45.

**Movement Room** (Classroom 3)

**Center for Community Health & Wellness**  
329 Maine Street–SOUTH ENTRANCE, Brunswick, Maine

*Pre-registration is required.*  
Please call (207) **373-6585**



MID COAST *Center for*  
**Community Health  
& Wellness**

[www.midcoasthealth.com/wellness](http://www.midcoasthealth.com/wellness)