



Mindfulness Meditation Practice

@ Community Partnerships

Every Thursday

11 am - 12 pm

Open to clients, families, and community partners on a drop in basis

The practice will include instructions on breathing meditation, mindful eating, body scan, and walking meditation.

Research shows that practicing mindfulness strengthens the immune system, improves managing difficult emotions, and enhances brain functioning.

“Mindfulness is cultivated by gently learning how to pay attention on purpose, in the present moment, and nonjudgmentally, to things as they are.”

Teasdale, Williams, and Segal

For more information, please contact Amal Othman at 608-210-0108 or email: amal.othman@commpart.org