



NATIONAL PUBLIC HEALTH WEEK
PUBLIC HEALTH IS WHERE YOU ARE

MINDFULNESS MEDITATION:

HOW TO BRING MINDFULNESS INTO EVERYDAY LIFE

THURSDAY, APRIL 7, 2022

2 SESSIONS: 9:00 AM & 6:00 PM

REGISTER TODAY

AM Session | <https://tinyurl.com/ynrb9tw8>

PM Session | <https://tinyurl.com/2p8ev33h>

- REDUCE THE IMPACT OF STRESS ON YOUR BODY
- IMPROVE YOUR ABILITY TO HOLD ATTENTION AND STAY FOCUSED
- DEVELOP THE SKILL THAT TEACHES US TO RESPOND VERSUS REACT

Join Brookline resident Jeannine Schroder, for this 45-minute session. Learn what mindfulness is, practice two mindfulness meditations, and explore how mindfulness offers the possibility for a stronger foundation, healthier self, and kinder connections.



Jeannine Schroder, a Brookline resident and founder of Moment 2 Moment, graduated from The Mindfulness Center at Brown University. She offers mindfulness programs for corporate, academic, and private communities. www.moment2moment.com.

BROOKLINE DEPARTMENT OF PUBLIC HEALTH | WWW.BROOKLINEMA.GOV/HEALTH
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