Mindful Wellness

Bethesda

Welcome to Mindful Wellness for caregivers

This 8-week virtual group runs weekly
on Thursdays at 7:00pm
from February 3 to March 24

We will introduce you to valuable strategies to be able to notice your thoughts, feelings and physical sensations in your body as they happen.

This 8-week series will incorporate education and discussion about the three states of mind involved (emotion mind, wise mind and rational mind) and connect it to 'walking the middle path.' Caregivers will be given the chance for a weekly mindfulness practice and to connect with each other.

To register, please contact Kim Whittington at kwhittington@bethesdaservices.com