



Mindfulness Practices *for Easing the Stress of the Season*

As the holidays approach, many of us may be experiencing anxiety and frustration—so much to do and not enough time to get it all done. Mindfulness can help us manage these challenges in a healthy way. Scientific studies show the practice can actually change the way we think, work and play by opening new pathways in the brain. This helps us cultivate a resilience to stress and optimizes our well-being. Join Dr. Maribeth Gallagher and explore an array of life-changing practices that can be woven into each day.



Thursday, Dec. 10, 2020

10–11:30 a.m.

Zoom Link: <https://hov.zoom.us/j/92896300757>

Meeting ID: 928 9630 0757

Passcode: 406925



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