

Centre for
PEOPLE
DEVELOPMENT

HAMILTON HEALTH SCIENCES

MUMC

WHEN: Tuesday

TIME: 12:15PM – 12:45PM

WHERE: Rm. 4N52A

LEAD(S): Kevin Middleton ✉

Barb Jennings ✉

RON JOYCE CENTRE

WHEN: Every 2nd Wednesday

TIME: 12:15PM – 12:45PM

WHERE: RJCHC, 2nd Floor,
Rm 2-054

LEAD(S): Andrea Morrison ✉

ST. PETER'S HOSPITAL

WHEN: Mondays

TIME: 12:30PM – 1:00PM

WHERE: Video Conference
Studio – Centre for
Healthy Ageing

LEAD(S): Jackie Fox ✉

Mindfulness For Lunch



Is Mindfulness for me?

It is for ANYONE who wants;

- A greater ability to **cope with daily stress**
- Lasting decreases in physical and psychological symptoms of stress
- A greater ability to learn and **focus**
- A **greater energy and enthusiasm** for life

Mindfulness is the practice of focusing on one's present experience, without judgment, to create greater calm, clarity and insight. Scientific evidence has proven the above benefits with a regular mindfulness practice.

THIS COURSE WILL EQUIP YOU TO:

- Develop or deepen a personal mindfulness practice
- Promote personal health and professional resiliency
- Connect with others interested in mindfulness practice

Drop in and brighten your day!

