



Would you like to learn a new way of coping with daily life stressors?

Attend the *Introduction to Mindfulness Group* and learn about how mindfulness meditation can help lower your stress.

Mondays:

September 12th and 26th

October 3rd and 24th

November 7th and 21st

5:00pm~6:00pm

Speak with your provider or contact Nicole Gerdes-Martin, LCSW 212-812-3690 for more information.