



Mindful Living Lunch & Learn

Tuesday, December 12th | 12 noon

Join us for lunch and discover some of the many, scientifically proven benefits of incorporating mindfulness into your daily life. This interactive session will cover:

- » What is mindfulness?
- » Utilizing mindfulness to manage stress
- » Activities and practices to enhance awareness in everyday life
- » Mindful eating
- » And more!

Speaker Bio: Mike Healy, Ed.D., is certified to teach Mindfulness-Based Stress Reduction (MBSR) by the Center for Mindfulness at the University of Massachusetts Medical School. He has been practicing mindfulness for 32 years and teaching Mindfulness and Mindfulness-Based Stress Reduction for 18 years. Mike has taught numerous mindful-based programs at the University of Georgia Center for Continuing Education and Athens Regional Medical Center's Mind Body Institute. Mike is also a registered yoga teacher of Integral Hatha Yoga.