

# MINDFULNESS AND ANXIETY

Friday, December 1<sup>st</sup>  
Harwich Community Center  
Room #2  
12:30pm – 1:15pm

Dear Me,  
I choose a NEW inner voice!

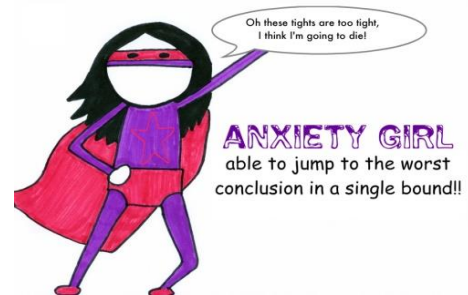


While attending this program *Cape Cod Municipal Health Group Members* will learn how to use mindfulness as a tool to ease your mind and find calmness even in the turbulence of your own thoughts. You will also learn:

- To calm your body
- Focus on Attention – Recognizing – “there is anxiety”
- Focus on Intention – Accepting – “this is my anxiety”
- Focus on Reflection – Understanding – “may my anxiety be well”

You must register for this class. [Register Here](#) or paste this link in your web browser: <http://signup.com/go/ocwzDiu>

*Attendance at this workshop will award you 10 points on the Wellness Portal! (maximum 30 points for workshop attendance per year)*



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If you have any questions, please contact Deanna Desroches, Health and Wellness Consultant at [capecodhealthyconnections@gmail.com](mailto:capecodhealthyconnections@gmail.com).