

Considering Mindful Wellness for you, your teen, or your family, but not sure what it is?

Mindfulness techniques offer us meaningful tools for
handling stress, communicating with others
and developing resiliency in our lives.

Join us for an introductory event for
adolescents and adults:
“A Taste of Mindful Wellness”
offered on the first Wednesday of every month
this fall - 7:00-7:45pm
(Sept. 6th, Oct. 4th, Nov. 1st and Dec. 6th)
and the third Saturday in October -11:00-11:45am
(October 21st)

\$10 per person

Poehailos, Dupont & Associates
887B Rio East Court
Charlottesville, VA 22901

Experience stress-reduction, mindful awareness
techniques, ask questions and meet our team!

Please call [434-220-4686](tel:434-220-4686) ext. 108 to register, so we'll know to expect you.

