

## **Meditation and Mindfulness for Relaxation at the Howell Township Senior Center**

We live in stressful and challenging times. Meditation and mindfulness can “rewire” our brain for greater peace and happiness. Anyone can learn to meditate and enjoy the many benefits meditation offers. Some of these include: less stress, anxiety and depression, lower blood pressure, better sleep, less chronic pain, protection against age-related memory loss, increased energy, greater self-awareness and a more positive attitude toward life.

Meditation has been helping people for thousands of years achieve greater peace and happiness. Learn how meditation can help you lead a happier and healthier life!

The Senior Center will be offering an 8 week Meditation & Mindfulness classes for seniors on **Tuesdays, March 15, 2022 – May 10, 2022 at 1:15pm -2:15pm.** The classes will be taught by our Yoga Instructor and Certified Meditation Guide, Pat Tavis.

**The classes are available and free to Senior Center members.**

**Sign in on the sign-up sheet when you arrive.**

