

Mindful Wellness

Mindful Wellness is designed to equip healthy adults with practice and skills to strengthen the mind and body connection and promote holistic health and wellness across the lifespan.

NOW SCHEDULING SUMMER 2019

Details:

- Series of 3 classes (45 min – 1 hour). Participants must commit to all 3 lessons.
- Ideal group size of 5-15 people. Must be 18 or older.
- Can be offered at a site of your choosing (worksite, community, etc.) before or after standard hours or as a lunch and learn.

Cost: FREE (limited offer, only free during the pilot summer 2019)

Contact information: Pat Holmes, Extension Educator, OSU Extension, Family and Consumer Sciences, email holmes.86@osu.edu or 937-224-9654 ext 122

- Please contact Pat before the end of July to schedule the program

More Information: montgomery.osu.edu/ *Click on Family and Consumer Sciences*



THE OHIO STATE UNIVERSITY

COLLEGE OF FOOD, AGRICULTURAL,
AND ENVIRONMENTAL SCIENCES

**MONTGOMERY COUNTY EXTENSION
FAMILY AND CONSUMER SCIENCES**

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