

TIRED? ANXIOUS? OVERWHELMED?

FOR
AGES
18+

Join Beth Bidwell for

Mindfulness

for the complete beginner

Mindfulness *noun* 1. maintaining a moment-by-moment, non-judgmental awareness of your thoughts, feelings, bodily sensations, and surrounding environment.

Biologist and naturalist, Beth Bidwell, will introduce the practice of Mindfulness

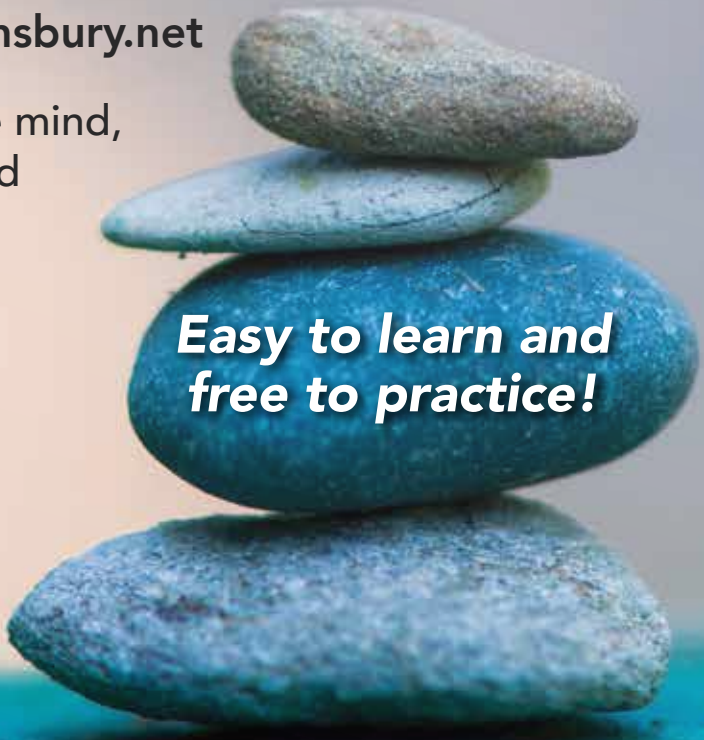
7-8pm, Monday, April 30

Queensbury Activity Center, 742 Bay Road

\$5/person

Register Today! recreation.queensbury.net

- Learn techniques for quieting the mind, being present in the moment, and reconnecting with yourself.
- Leave with tips for including mindfulness in your daily life and sharing your practice with your children and your pets.
- Learn how to squeeze moments of peace into your busy day.



**Easy to learn and
free to practice!**



Queensbury
PARKS & RECREATION

742 Bay Road, Queensbury NY 12804 • (518) 761-8216

**Look for our Mindfulness in
Nature Walks coming in May!**