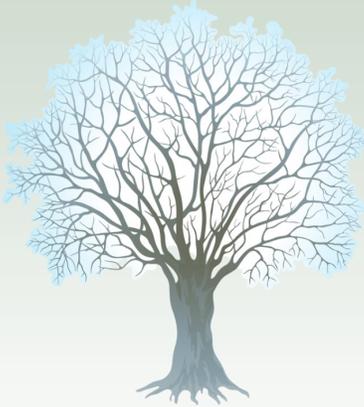


**The Mayflower Municipal Health Group Wellness Program Presents:**

**FREE Seminar**



**Introduction to Mindfulness**

**Wednesday, December 7, 2016 5:00– 7:00 PM**

**Bridgewater Town Hall (Academy Building)**

**66 Central Square**

**Bridgewater, MA 02324**

**Council Chamber, Room 203**

*“By cultivating mindfulness, people report an increased ability to relax, a greater enthusiasm for life, improved self-esteem, and increased ability to cope more effectively with stressful situations.” Priscilla Sznেকে*

**This 2-hour seminar, introduces the concept of mindfulness, how we can cultivate it, how it relates to stress and some of the science behind why mindfulness and meditation work. Included are a power point presentation, a short meditation and a question and answer period.**

Instructor: Priscilla Sznেকে, a mindfulness and meditation teacher, facilitator, mentor and consultant, has over 30 years experience in the healthcare field as a nurse (oncology, critical care, nurse anesthetist), medical editor, and epidemiologist. Through her work and personal experience, she has come to understand that mindfulness is an important component to healing ourselves and each other, no matter what is happening in this moment.

**The workshop is free and open to all Mayflower Municipal Health Group (MMHG) member unit employees, retirees and dependents. Please register by sending an email to [wellness@mmhg.org](mailto:wellness@mmhg.org) or by calling 774-773-9306.**