



be here now



Mindful awareness

can be defined as **paying attention** to the

present moment

Thursday, October 15

Registration: 5:30 p.m.

Program: 6–8:30 p.m.

Mira Costa High School Auditorium

1401 Artesia Blvd.

Manhattan Beach, CA 90266

**Parks
Make
Life
Better!**
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Manhattan Beach
Parks and Recreation



At this **FREE Mindfulness Workshop:**

- Explore the science and application of mindfulness presented by Gloria Kamler, UCLA Mindful Awareness Research Center
- Learn how mindfulness can help reduce anxiety, depression and stress

FREE, but advance registration is required.
Register at bchd.org/mindful.

For more information, contact Tiana Rideout at
310-374-3426, ext. 139 or tiana.rideout@bchd.org.



A Public Agency

Beach Cities
Health District

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