

You're Invited!



August Wellness Break Webinars:

Relax, revitalize and tap into your
innate wisdom and healing with

Mindful Eating & Breathing Space

Mindfulness guides us to the here and now again and again. Without the filters of judgment and reactivity, we face whatever arises with a fresh perspective. Each session offers a variety of simple and practical tools for self-care and stress management, including guided movement, meditation, inquiry and discussion.

Bring your natural curiosity, and be prepared to sit, stand and move gently as we practice being present together. Video participation is encouraged.

Dates:

Mindful Eating

Tuesday, August 19th

[Register here](#)

Breathing Space

Tuesday, August 26th

[Register here](#)

Time:

11:00 AM – 12:00 PM PST

Presenter:

Wendy Beckerman, Kaiser
Permanente Health Educator

Topics:

- **Mindful Eating** – Approach eating and food choices with more joy and nourishment. Together we'll practice slowing down, listening to your body's signals, and savoring each moment.
- **Breathing Space** – Learn simple breath awareness techniques to restore balance and feel more centered, enlivened, and relaxed. Release tension and feel ready to respond to life's challenges.

*All sessions include
self-compassion and the richness of moment-
to-moment awareness*