

# Stay balanced with Mindful Mondays

Mindful Mondays are a series of monthly classes designed to help you combat stress and build resilience while navigating the challenges of COVID-19.



## Guided Meditation–Mindful Eating: The Power of Pause with our Plate

As we move into Summer we want to celebrate the beauty and bounty of seasonal produce. In this meditation we will focus on eating more mindfully while bringing in the color of the rainbow.

## Finding More Margin in your Day

Get tips to manage time and ease stress, create healthier boundaries, and build more self-care and downtime into your day.

## Guided Meditation–Seasonal Self Care Renewal

As we wind down from our busy summer months, we will recollect ourselves and begin to turn our focus inward for renewal. September is a time to focus on building our immunity for the winter months ahead while enjoying the beauty the fall months bring.

### Guided Meditation–Mindful Eating: The Power of Pause with our Plate

Monday, July 12  
12 - 1 p.m. ET

[REGISTER TODAY](#)

<https://bit.ly/3cJ9zzy>

### Finding More Margin in your Day

Monday, August 9  
12 - 1 p.m. ET

[REGISTER TODAY](#)

<https://bit.ly/3wygdAF>

### Guided Meditation–Seasonal Self Care Renewal

Monday, September 13  
12 - 1 p.m. ET

[REGISTER TODAY](#)

<https://bit.ly/3cNL2JM>