



**WILSON'S
FITNESS**

INTRODUCTION TO MINDFULNESS MEDITATION

WEDNESDAY **NOVEMBER 15TH**

6-7PM @ WILSON'S ON FORUM

\$20 MEMBER | \$30 NON-MEMBER

Moving Towards Acceptance: An Introduction to Mindfulness Meditation

Life is full of stress and anxiety and there is no easy cure. However, you can have a different relationship with the stress that inevitably arises that is beneficial to your mental, emotional, and physical health. This interactive workshop will introduce participants to important concepts of mindfulness meditation, how mindfulness can support your self-care plan and practice two quick guided meditations that will help you jumpstart your day or help you wind down before bedtime. Jaron (JD) Vail is the Director of Student Wellness at William Woods University. During his 10 years at the Missouri Department of Higher Education, JD completed the Mindfulness Based Stress Reduction program at the University of Minnesota, became a youth and adult Mental Health First Aid instructor, and founded Morning Sun Avenue.

- Introduce some core concepts of mindfulness meditation.
- Learn how to apply mindfulness in daily life.
- General discussions about mindfulness meditation.
- **Save your spot by calling the club or enrolling online!**

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