



Mindfulness On-the-Spot

Have you ever wondered what mindfulness is? How to practice mindfulness? Now is your time to learn!

“**MindfulnessOn-the-Spot**” is a free, 30-minute program offered virtually that teaches participants simple mindfulness strategies they can use anywhere at any time.

No registration, equipment, or experience is required. Simply download the Bluejeans App on your mobile device, click ‘Join a Meeting’, and enter the Meeting ID: 6104025900

The first class will be held on **Saturday, April 18th at 8:00am** and additional classes will be held:

- Every Saturday at 8:00am
- Every Wednesday at 2:00pm
- Every Thursday at 2:00pm

My Total Health Incentive Opportunity!

Complete one "Mindfulness On-the-Spot" class and earn **15 points** towards the My Total Health incentive program! Simply email mytotalhealth@lvhn.org after completing one class and you will receive the incentive points.

LVHN.org 888-402-LVHN