

STRESS LESS with MINDFULNESS and SPIRITUALITY

The recent changes in our lifestyles and the many uncertainties have caused stress for us. Learn more about our reactions to stress, how to train your mindfulness muscles and incorporate spirituality into your daily lives. In this 5-week course, we will discuss the effects of chronic stress and learn different techniques for managing daily stressors.

Sessions will be held on Tuesdays via Zoom: 12 noon—1:00 pm https://umd.zoom.us/j/609504068

or

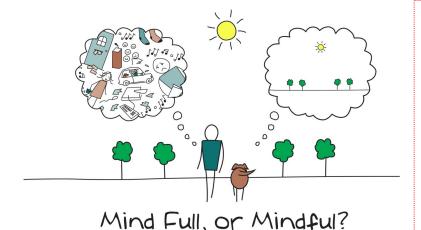
6:00 –7:00 pm https://umd.zoom.us/j/967711766 **April 7**

April 14

April 21

April 28

May 5



Online sessions will be led by:
Lisa McCoy, FCS Educator
University of Maryland
Extension.

If you have any questions, need assistance with sessions would like to join by phone: please contact Lisa at Imccoy@umd.edu

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