



Independence, inc. **MINDFULNESS MONDAYS**

Lead by Emily Bachert, MME, MT-BC

Join us the every other Monday in a safe and supportive environment - for ages 18+. Mindfulness is the practice of focusing your full attention on the present moment, noticing your thoughts, feelings, and surroundings without judgment - a great way to reduce stress, feel calm and present and able to engage with others in an effective, positive way.

When: every other Monday, 3:00–4:00 pm

**Where: In-person, 2001 Haskell Ave. Lawrence, KS
or Virtual, via Zoom:**

<https://us06web.zoom.us/j/7803702857>

Meeting ID: 780 370 2857

**For more information, or to receive monthly calendars,
reminders, and updates, contact Grace Starr
phone: 785-841-0333 ext. 106
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