

# Mindful Wellness

*Living in the present moment...*

*“Mindful Wellness is designed to equip healthy adults with practice and skills to strengthen the mind and body connection and promote holistic health and wellness across the lifespan.”*

Friday, August 7 <i>Mindful Foundations</i>	Friday, August 14 <i>Mindful Breathing</i>	Friday, August 21 <i>Mindful Eating</i>	Friday, August 28 <i>Mindful Living</i>
<ul style="list-style-type: none"> <li>• Explore the foundations of mindfulness</li> <li>• Describe what mindfulness is and isn't</li> <li>• Gain a deeper understanding of the mind-body connection</li> <li>• Explore strategies to strengthen the mind-body connection</li> </ul>	<ul style="list-style-type: none"> <li>• Understand how breathing can help the mind-body connection</li> <li>• Practice breathing mindfully</li> <li>• Learn several different breathing exercises you can use every day</li> </ul>	<ul style="list-style-type: none"> <li>• Describe mindful eating</li> <li>• Learn the benefits of mindful eating</li> <li>• Learn tips to practicing mindful eating daily</li> </ul>	<ul style="list-style-type: none"> <li>• Describe the benefits of daily mindfulness practice</li> <li>• Learn strategies to form a healthy habit</li> <li>• Explore success stories from mindful lives &amp; teams</li> <li>• Set goals to practice mindful living</li> </ul>

Presented by Shannon Carter, Extension Educator, Family and Consumer Sciences, OSU Extension Fairfield County

Register at [go.osu.edu/fairfieldwellness](https://go.osu.edu/fairfieldwellness) by **August 5, 2020**

**TIME:** 10:00 – 11:00 a.m. | **COST:** Free

If your organization would like a virtual **Introduction to Mindfulness**, please email [carter.413@osu.edu](mailto:carter.413@osu.edu)

## Introduction to Mindfulness

In this virtual presentation, Shannon Carter of Ohio State University Extension will share a brief introduction to mindfulness as a means of strengthening the mind and body connection and promoting holistic health and wellness across the lifespan. Participants can learn some simple breathing exercises to induce relaxation.

**OSU EXTENSION FAIRFIELD COUNTY  
FAMILY AND CONSUMER SCIENCES**



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AND ENVIRONMENTAL SCIENCES

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