

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, September 11 <i>Mindful Foundations</i>	Friday, September 18 <i>Mindful Breathing</i>	Friday, September 25 <i>Mindful Eating</i>	Friday, October 2 <i>Mindful Living</i>
<ul style="list-style-type: none"> • Explore the foundations of mindfulness • Describe what mindfulness is and isn't • Gain a deeper understanding of the mind-body connection • Explore strategies to strengthen the mind-body connection 	<ul style="list-style-type: none"> • Understand how breathing can help the mind-body connection • Practice breathing mindfully • Learn several different breathing exercises you can use every day 	<ul style="list-style-type: none"> • Describe mindful eating • Learn the benefits of mindful eating • Learn tips to practicing mindful eating daily 	<ul style="list-style-type: none"> • Describe the benefits of daily mindfulness practice • Learn strategies to form a healthy habit • Explore success stories from mindful lives & teams • Set goals to practice mindful living

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

Register at go.osu.edu/fairfieldwellness by **September 9, 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

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**



THE OHIO STATE UNIVERSITY

COLLEGE OF FOOD, AGRICULTURAL,
AND ENVIRONMENTAL SCIENCES

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