

Better Lives.
Stronger Communities.
Healthy People

MINDFUL EXTENSION SERIES

Weekly sessions emphasizing bodily relaxation with soft background music AND discussion of mindful awareness of cognitive habits

Fee includes guided mindfulness practice tracks & a yoga video for daily practice

Presented by: Shannon Carter, Extension Educator, Fairfield County

Register to attend the 4-part Fall 2016 series.



October 4
October 11
October 18
October 25



5:00 to 6:00 p.m.

Class location: Fairfield County Agriculture Center - 831 College Ave, Lancaster

Limited space available – registration required
\$60 per person for the series

Registration: Contact Kelley Scott at scott.1863@osu.edu or 740-652-7263

Must register by Tuesday, September 27 to reserve your seat!



THE OHIO STATE UNIVERSITY

FAMILY AND CONSUMER SCIENCES
THE COLLEGE OF EDUCATION AND HUMAN ECOLOGY
THE COLLEGE OF FOOD, AGRICULTURAL, AND ENVIRONMENTAL SCIENCES