

Clear & Calm

A Monthly Mindfulness Group

Welcome To Our Community

What is Mindfulness? Mindfulness is being present in the moment. It is being open and observing your thoughts, feelings and body without judgment. It is about approaching challenges with compassion and acceptance rather than fear or criticism.

Join Us: Mindfulness practices have been shown to change the brain, improve emotions, reduce stress, and help with clearer and calmer thinking. This program is designed to give attendees a place to learn and develop a mindfulness practice and to feel supported by a community.

What: A monthly group led by Dr. Jennifer Medina, clinical neuropsychologist and mindfulness practitioner. Each month we will focus on an attitude of mindfulness such as Gratitude, Self-Compassion, Acceptance, and Breathing. The class will include practicing exercises together. Attendees will cultivate an understanding of how to use mindfulness in their daily life for better neurological, emotional, and cognitive health.

Who: Anyone interested in developing a mindfulness practice! Given Dr. Medina's background in neuropsychology, this class is especially useful for individuals living with or affected by a neurological diagnosis and their family members.

When: 2nd Monday of the month, 5:30-6:45pm

Where: 3333 S. Bannock Street, Wells Fargo Bldg, Englewood, CO 80110,
Basement Conference Room

RSVP: We'd love to know if you'll be joining us. Please send an email or give us a call.
720.907.0420 or DrMedina@mountainneuro.com

Cost: \$10 per person for each class attended

www.mountainneuro.com