

Mindfulness Made Real & Simple

A FREE talk by licensed professional counselor Jenny Strom

Wednesday, October 24 6:00-7:30 p.m.

Would you like to reduce stress, anxiety, and negative emotions, calm yourself down when your temper flares, feel better in your body, let go more intentionally, and sharpen your concentration skills?

How about address heart disease, lower blood pressure, reduce chronic pain, improve sleep, and alleviate gastrointestinal difficulties?



If you answered yes to any of these, then this presentation is for you! **Join licensed professional counselor Jenny Strom, MA, LPC**, and learn what mindfulness is, how it can be helpful, and how you can implement it. We will cover the power of the gut-brain connection and ultimately discuss how using mindfulness skills can give you choices and power over your thoughts, your feelings, your health and your life!



This presentation is part of a 6-week Healthy Living series. Join us each Wednesday, 6:00-7:30 p.m. through October 31 in the Community Room at Thiensville Health Alliance for a FREE presentation and Q & A on various wellness topics.