

North Shore Center LLC presents

MINDFULNESS MADE REAL SIMPLE

Join us for our **FREE** presentation:
Mindfulness made Real & Simple
Tuesday, October 20, from 6-7:30 pm (via Zoom).

Learn ways to reduce stress, anxiety, and other negative emotions. You will also discover how to connect to the present, feel more grounded, improve sleep, let go of things you can't control and more!

PRESENTED BY JENNIFER STROM
MA, LPC, Assistant Clinical Director at North Shore Center, LLC.

To register for this presentation please visit,
ozaukeefamilyservices.org/workshops

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