

**Kent
County**

NAMI ENGAGE
COMMUNITY-FOCUSED EDUCATIONAL EVENTS

MINDFULNESS: **AN INTRODUCTION**

Looking for some self-care techniques that you can incorporate into your daily life? Join us and Dr. Ellen Marshall, Human Services Instructor at Delaware Technical Community College, to learn about what mindfulness is as well as explore practical daily applications of mindfulness. No previous experience with mindfulness is necessary to attend.

FRIDAY, SEPTEMBER 21, 2018

6:00PM - 7:00PM

Wesley United Methodist Church

209 South State Street

Dover, DE 19901

Free to attend, light refreshments, registration encouraged:

Online: www.namidelaware.org/events

Email or Phone: events@namide.org or 302-427-0787 (Development)