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Top Tips for Mindfulness - Chesterfield Council on Aging

Date and Time

Thursday 1/24/2019 8:00 to 9:30am

Event URL

[Top Tips for Mindfulness](#)

Event Region

Richmond Area

Event Type

Workshop

RSVP Info

Contact Aging and Disability Services at 804-768-7878 or visit the website.

Event Cost

\$0.00

Event Description

In this comprehensive one-hour workshop, Sara Sommers, Certified Alexander Technique Teacher, Ergonomist and Mindfulness Coach, will review essential points behind the art of mindfulness. Topics will include the benefits of mindfulness, best practices of nutrition and exercise, and a guided meditation session.