

ADAM

Anxiety Disorders
Association of Manitoba

MINDFUL MEDITATION

Overcoming stress related to work and life situations

Join us for this free workshop on
**Mindful Meditation: Overcoming stress related to work
and life situations.**

Date: October 10, 2019
Time: 7 pm - 8 pm
Venue: 4 Fort Street, (MPR)



Speaker: Ginger Blakey

Ginger Blakey is the Wellness Program Facilitator at the City of Winnipeg. She has a background in Human Resource Management. She plans and researches wellness related initiatives, programming, and events for employees within the City of Winnipeg. Her research interests include the impact of Mindful Meditation on people who suffer from anxiety, and focusing on providing more mental health programs and resources, including the creation of a peer support program for City CUPE employees.

Learning Objectives

- Describe the impact of stress on the body.
- Explain the importance of meditation in stress reduction.
- Identify the attitudinal foundations of mindful meditation.
- Practice mindful meditation.
- Find meditation resources.

Register by calling 204-925-0600
or email adam@adam.mb.ca
Donations are welcome.



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