

# INTRODUCTION TO MINDFULNESS



Learn about the history of meditation, the benefits of meditation for your brain and body, current research and how to implement a practice at home.

*With Mary Davis, Health and Wellness*

*Consultant and Meditation/Mindfulness Instructor*

**Tuesday, January 17, 2:30– 3:30pm**

*Free. Advance registration appreciated.*



**Wallingford Community Senior Center**  
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