

Community mindfulness event

Mindfulness is paying attention to the present moment with openness, curiosity and without judgement. Community members are invited to attend a **live stream event** and learn what mindfulness is and how to use it help build healthy young and smiling minds.



Date: Monday 19 August

Time: 5.30 - 7.00pm

Where: Seymour Health
Education Room
Bretonneux Street, Seymour VIC 3660

RSVP: <https://bit.ly/2YuV0GB>