



# Women in Leisure Services Mindfulness Meditation for Self-Care

Friday, December 11 @ 11am via Zoom  
Free for members, \$5 for non-members  
Register online at [chiwomen.org](http://chiwomen.org)

Mindfulness meditation is a self-care superpower. Not only can a regular practice bring about more calm, it acts as a workout for your brain - improving focus, memory, and rational thinking.

Katie Garrett started practicing 10 years ago after she started experiencing panic attacks and was diagnosed with Generalized Anxiety Disorder. Bringing just-the-basics practicality, Katie will lead a basic guided meditation as well as debunk a few myths and talk through easy ways to incorporate both mindfulness and meditation into your life. Absolutely no experience is required - everyone is welcome! Bring any questions you have about mindfulness meditation, how to start (and maintain) a practice, and how to apply the practice to your life. Invest in yourself for a little while and join us! Register online at [chiwomen.org](http://chiwomen.org).

