

Mindfulness Meditation Classes with Liz Paley

Designed for our senior population age 55+

Tuesdays at 10:00 AM

6 weeks beginning October 6, 2020

Cost: Free– Register with zoom link below

Register online at https://zoom.us/webinar/register/WN_j_UbnEPYRmWCCVB0aI3_QQ



Mindfulness

If you're feeling extra anxiety or loneliness these days due to the pandemic, you're not alone. This time has us all facing more stress and uncertainty than usual. Meditation can be a pathway back to steadiness that is immeasurably helpful. Mindfulness meditation can reduce stress, relieve symptoms of anxiety and depression, and help you live a more present life.

Whether this is your first time meditating or you want to deepen your practice, join Liz Paley for this 6-week program.

Liz is the former Health and Wellness Coordinator for the Acton Council on Aging, holds an MA in psychology, and completed the UMass Mindfulness Based Stress Reduction program.

Funding for CHNA 15 is provided from Lahey Hospital and Medical Center and Winchester Hospital through the Massachusetts Department of Public Health's Determination of Need (DoN) process. For more information, please email sball@actonma.gov or call 978-929-6453