

Anxiety, Stress & Mindfulness

In-Person and Zoom

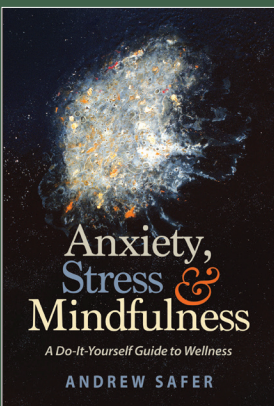
FIRST SESSION FREE!



ANDREW SAFER has practiced mindfulness for 55 years, and has been an authorized teacher for 30 years.

He is the author of *Anxiety, Stress & Mindfulness: A Do-It-Yourself Guide to Wellness*.

Participants will receive a copy of his book.



In this workshop series, you will learn to:

- Deal with anxiety productively
- Outsmart rumination
- Upend negative self-talk
- Take charge of stress!

Join us for this 6-week workshop series:
Wednesdays 7-8:30 pm (5:30 to 7:00 EST)
September 27 – November 1, 2023

From workshop participants:

“It has given me tools to stand up tall again.”
“It’s a life skill, not a recreational pastime or trend.”
“It has given me the tools to deal with stress/anxiety.”

All sessions are live, in-person & Zoom
The Lantern, 35 Barnes Rd., St. John’s

\$175

Discounts available

For more information and to register:

<https://bit.ly/ASMfall2023>

or email: andrew@safermindfulness.com

or call (709) 722-2716

www.safermindfulness.com