

- Do you often feel overwhelmed with stress?
- Does your mind seem to keep spinning and you don't know how to slow it down?
- Would you like to learn how to put the breaks on your anxiety?....

Mindfulness practice can help!

Mindfulness Stress Reduction Group

Wednesdays 6pm-7pm

Mindfulness is being fully in the present moment with acceptance of your experience.



In this group, Dr. Edmunds will lead the group through mindfulness exercises that have been proven to reduce stress and improve well-being. These exercises are simple, effective, and easy to practice.

Mindfulness can:

- Improve focus
- Increase life satisfaction
- Improve relationships
- Increase sleep quality
- Decrease job burn-out
- Help with conflict resolution
- Decrease anxiety



Now Enrolling! Starts October 5!

5478A College Ave, Oakland, CA 94618

\$40 per week. Monthly commitment.

Call me at [510-473-5083](tel:510-473-5083) or email drellisedmunds@gmail.com to ask any questions and discuss if this group would be a good fit for you. Visit www.drellisedmunds.com/now-enrolling