



Dunedin Public Library

MINDFULNESS

FOR CHRONIC PAIN

Join Marisela, nurse and mindfulness instructor, and begin a meditative self-care routine for chronic pain. Mindfulness practices bring awareness to emotional reactions and empower us to respond skillfully to unpleasant bodily sensations. In this 1-hour session you will learn how to calm the mind, ease the body, and decrease pain flare-ups.

Signup is required. Visit this link to signup: <https://tinyurl.com/36nf8tk9>

WHEN

Wed. May 10
6 PM

WHERE

223 Douglas Ave
Dunedin, FL 34698.

COMMUNITY
MEETING
ROOM

www.dunedingov.com/library
727-298-3080 ext: 1707