

Dunedin Public Library Presents

Mindfulness for Chronic Pain

Join Marisela, a 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.

Wednesday, August 9, 2023
12:00pm - 1:00pm

Community Meeting Room
223 Douglas Ave. Dunedin, FL 34698

www.dunedingov.com/library

727-298-3080 ext: 1707

Registration is required. Visit this link to register:

<https://tinyurl.com/3hk5jcf6>

