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Places are limited

# Living in the Present During COVID-19

**When:** Wednesday, April 14, 2021 at 6:30pm

**Where:** Live from your living room!

To register for the Zoom videoconference, visit:

<https://us02web.zoom.us/meeting/register/tZMvcOyqpzkvHNyzzBPHtCZGltRajv8QDiY8>

After registering, you will receive a confirmation email containing instructions on joining the meeting.

Today's environment is stressful in many different ways. Loneliness, uncertainty, grief, and fear have been part of our daily lives since March 2020. Experts advise us to practice living mindfully in order to find more serenity and stability in our thoughts, hearts and lives, but is it really possible in the current context? The answer is yes!

Join experienced psychologist **Dr. Meagan Daley** in this mindfulness workshop to help understand and put into practice tools for finding more calm and letting go - even in the eye of the storm. *"You can't stop the waves, but you can learn to surf"* (Jon Kabat-Zinn)



For more information, please contact:  
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