



# Mental Health Mondays

## Mindfulness Take Breaks to *Breathe*

**Monday, May 14<sup>th</sup> from 7 - 8:30 p.m.**

**Madelia High School Library, 320 Buck Ave SE, Madelia**  
(Use teacher parking lot/door on northeast side of building)

- Mindfulness and its benefits to the body and mind.
- Breath and body awareness - using the breath, the body and gentle movement to increase energy and encourage health.
- Guided smiling breath meditation activity.

### Guest Speaker:



### **DeeAnn Giesecke**

DeeAnn is a presenter for local, regional and state conferences on the topics of mindfulness, breath work and body awareness. She is a Spring Forest Qigong instructor and Master Healer. DeeAnn is available to speak to local groups or to meet individually with those who want to learn more about mindfulness or energy healing.

**Mental Health Monday Events are held on the second Monday of each month.**  
**Upcoming dates and topics: Break for Summer - *Back on September 10th!***

**Questions? Call Deidre at 507-642-5210**

**This Community Event is sponsored by the Madelia Community Based Collaborative, a local group comprised of volunteers from: Madelia Community Hospital & Clinic, Minnesota State University, Mankato School of Nursing, Glen Taylor Nursing Institute for Family & Society, Watonwan County Human Services, University of Minnesota Extension, Statewide Health Improvement Program, Luther Memorial Home, Madelia Ministerial Association, Madelia School District, and Tony Downs Food Group.**