

Mindfulness

Maintaining a healthy awareness of you!

Free Community Event

Monday, March 20th from 7 - 8:30 p.m.

Faith Lutheran Church

306 Abbot Ave SW, Madelia, MN

- What is mindfulness and how can it improve your life?
- Tips to focus on the present, while calmly acknowledging and accepting feelings, thoughts, and bodily sensations.
- Preventing mindless eating. Learn to avoid overeating and to get more enjoyment out of food and meals.
- **Presenters: DeeAnn Gieseke and Caroline North.** DeeAnn presents for local, regional and state conferences on the topic of Mindfulness. She is a Life Style Coach, Spring Forest Qigong instructor and Master Healer. Caroline has a bachelor's degree in Community Health and has practiced mindfulness meditation as a form of therapy for PTSD and Depression. She is interested in the mind-body connection and how it affects mental health.



DeeAnn Gieseke



Caroline North

Mark your calendar for **MENTAL HEALTH MONDAYS**

on the second Monday of each Month!

Topic for Monday, April 10th: Post Traumatic Stress Disorder (PTSD)

Questions? Call Deidre at 507-642-5210



This Community Event is sponsored by Faith Lutheran Church and the Madelia Community Based Collaborative (MCBC). MCBC is 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.