



# ▶▶ Join us for: Afternoon Mindfulness

**Every Friday of the Month, 2022**  
**3:30 PM – 4:30 PM**

Service Area 7 Peer Resources Center invites community members ages 18 +, to join us for virtual workshops sessions dedicated to mindfulness techniques. During this workshop community members will learn about experiential exercises including, breathing exercises, body awareness, walking meditations, the art of compassion, and much more.

For in-person attendance, please register at [mtgonzalez@dmh.lacounty.gov](mailto:mtgonzalez@dmh.lacounty.gov).

