

CAREGIVER SERIES

MANAGING STRESS WITH MINDFULNESS - **RSVP 314-238-2000**



Second Mondays Each Month 6:30-8:00 PM

Ellen C Ranney, PhD, LMFT uses mindfulness practices in her work with trauma survivors, their families, and her own recovery from Breast Cancer. Mindfulness practices have been applied worldwide to increase health, wellbeing, and spirituality, and studied in depth for their beneficial influence on immune function, emotional dysfunction, relationships, and recovery from physical and emotional trauma. Mindfulness practices also contribute to increased self-knowledge and self-expression. This series combines theory and practice to teach basic mindfulness and explore a range of benefits.

Funding for these programs provided by a generous grant from Circle of Hope Bracelets and Touchwood Creative

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