



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Enhance Your Health, Reduce Stress, & Cultivate Resilience?

“Healing Power of Mindfulness”

Dr. Paul Epstein, is a naturopathic physician, mind body therapist, mindfulness meditation speaker for 30 years specializing in working with people with stress related symptoms and illness. He is the author of “Happiness Through Meditation”.

Dr. Epstein will be offering a 6 week workshop program session here at the Westport Weston Family YMCA on Monday mornings.

This program is for people of all ages who want to learn about the Mind-Body Connection.

Learn how to apply mindfulness in life to combat your stress, improve health, and find peace & happiness.

- ◆ **February 29 - April 4th**
- ◆ **10:00 am — 11:00 am**
- ◆ **Schine Meeting Room**
- ◆ **\$179 members \$219 non-members**
- ◆ **Info session:**

Thursday, February 25, 2016 9:30-10:00 am.



Registration for program is required. Please see Membership Engagement or Shelly Goldman, Healthy Living Programs Director to book your space.