



Be mindful

WHEN: Tuesdays, Oct.18 - Nov. 22

5:30-6:30pm

\$120.00 for 6 sessions

LOCATION: Behavior Management Systems

350 Elk Street, Rapid City, SD

FACILITATOR: Lesley Anne Dzintars, LPC-MH

Mindfulness is a simple, research based practice which can retrain your brain to stay more focused on the present allowing for more **effective choices** and **greater joy** in living.

Register with Lesley at 343-7262