

# MINDFULNESS GROUP FOR ADULTS

The Mindfulness group is for individuals who wish to learn more about mindfulness and how to incorporate it into daily living.

Sessions focus on:

- Mindfulness
- Meditation exercises
- Promoting higher levels of wellness, stability and quality of life

Join at any time. This group is **10 sessions** long and each session is **one hour** in length.

The cost will be billed to your eligible insurance plan.

If you are a resident of Anoka County without insurance, a sliding scale fee payment plan is available.

**For more information, call our intake line at 763-780-3036.**

10 WEEK  
COMMITMENT

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STARTS SOON!

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CALL NOW TO  
SIGN UP

763-780-3036

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LOCATION:  
LEE CARLSON CENTER  
7954 UNIVERSITY AVE NE,  
FRIDLEY, MN 55432

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SLIDING FEE  
AVAILABLE



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FOR MENTAL HEALTH & WELL-BEING

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[www.leecarlsoncenter.org](http://www.leecarlsoncenter.org) | 763-780-3036