



Mindfulness and Stress Reduction workshops will be held in-person at the YWCA this Fall! This series of 3 workshops is designed to set you up with a strong foundation for a lifelong practice. Mindfulness can help you co-exist with the difficulties in life that contribute to stress and anxiety. This free program is funded by the Gettysburg Hospital Foundation and supported by the YWCA and Healthy Adams County.

Mindfulness and Stress Reduction: The Foundations

Sunday, October 2, 2022 1:00 p.m. to 4:00 p.m.

This workshop will introduce mindfulness and awareness of the mind-body connection as a foundation for more effective responses to stress and difficulty. We will practice some techniques of meditation, as well as awareness of body and breath. These practices can be especially helpful for people suffering from physical or emotional conditions that alter the quality of life, helping them to develop new patterns of responding and co-existing with difficulty.

Mindfulness and Stress Reduction: Building Skills

Sunday, November 6, 2022 1:00 p.m. to 4:00 p.m.

Building on the practices begun in the Foundations workshop, we will work on deepening skill in meditation with awareness of the breath. We'll also explore gentle yoga as a moving meditation. We'll deepen our exploration of mindfulness as a strategy for coping with stress and difficulty—and introduce lovingkindness meditation as a way of shaping our experience.

Mindfulness and Stress Reduction: Life as Practice

Sunday, December 4, 2022 1:00 p.m. to 4:00 p.m.

This workshop will focus on how skills in mindfulness and meditation can play out in our everyday world to improve quality of life. New meditative techniques will include walking meditation, open awareness, and some guided imagery. We will examine how unhelpful patterns in our reactions to stress might be changed with time and practice and discuss strategies for making practice ongoing.

Teacher: Julie Falk, PhD is certified to teach Mindfulness-Based Stress Reduction and has taught for 12 years.

Registration is required: please call Healthy Adams County at (717) 337-4137 or email jgastley2@wellspan.org