

October 10<sup>th</sup>, 17<sup>th</sup>, 24<sup>th</sup>, 31<sup>st</sup>  
8:30 A.M. - 9:30 A.M.

33 Main Street, Marlborough, MA

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# INTRO TO MINDFULNESS AS A RECOVERY TOOL

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Led by Lisa Campbell

Would you like to learn how to calm your mind, feel better in your body, and gain a healthier outlook on life?

Then this series is for you! Learn mindfulness meditation, breathwork, and practices of kindness and gratitude.