

# MINDFULNESS PRACTICE SESSIONS

LED BY DR. REGINALD W. HOLT

THURSDAYS  
11 AM - 12 PM

February 5 - May 14

*No session on March 19 or April 9*



**Central Community  
Health Education Clinic**

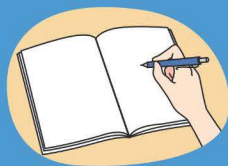
180 Paul Manafort Dr., New Britain, CT



Mindfulness is present moment awareness and acceptance of our internal states and surroundings without judgment or reactivity. Join Dr. Reginald W. Holt for weekly practice sessions\* that can enhance self-awareness, promote self-care, and improve well-being.

**\* DISCLAIMER:**

*Mindfulness practice sessions are not designed to diagnose, prevent, or treat any condition nor are they intended as a substitute for professional healthcare services.*



All attendees will be entered into  
a raffle for a mindfulness journal!

**FREE SNACKS AND GIVEAWAYS!**



**CENTRAL  
COMMUNITY HEALTH  
EDUCATION CLINIC**



CENTRAL FOOD PANTRY



**MARIA'S  
PLACE**

**On-Site Food Pantry**



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Central Community Health Education Clinic



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