

MINDFULNESS PRACTICE SESSIONS

LED BY DR. REGINALD W. HOLT

THURSDAYS

12 - 12:30 PM

SEPTEMBER 3 - DECEMBER 10

No session on September 24 or November 26



**Central Community
Health Education Clinic**

180 Paul Manafort Dr., New Britain, CT



Discover the benefits of mindfulness through weekly guided practice sessions with Dr. Reginald W. Holt in the new Counseling & Wellness Room. Learn to focus on the present moment with greater awareness, acceptance, and compassion while enhancing your well-being and self-care practices.*



***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!**



CENTRAL

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Central Community Health Education Clinic



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