

The GIFT Global along with IVW presents

<https://giftglobal.org/>



<https://www.youtube.com/watch?v=caZXUt-NYZE&t=6s>

Mindfulness Based Wellness Training

4 Monday evenings 6:30pm - 8:30pm

503 Duncan Road, Wilmington, DE 19809 across from Mt. Pleasant Elementary School

Mindfulness is a natural state of mind, a way of relating to all of experience, whether that experience is perceived as positive, negative, or neutral. When in a mindful state one is aware of the activity of body and mind, in the present moment, bringing a non-judgmental acceptance to all that is perceived. Mindfulness is the awareness that emerges through paying attention on purpose, in the present moment, and non-judgmentally to the unfolding of experience moment to moment.

Instructors: Dr. Jenna Tedesco and one of her Vanguard group instructors

Time: 6:30-8:30pm

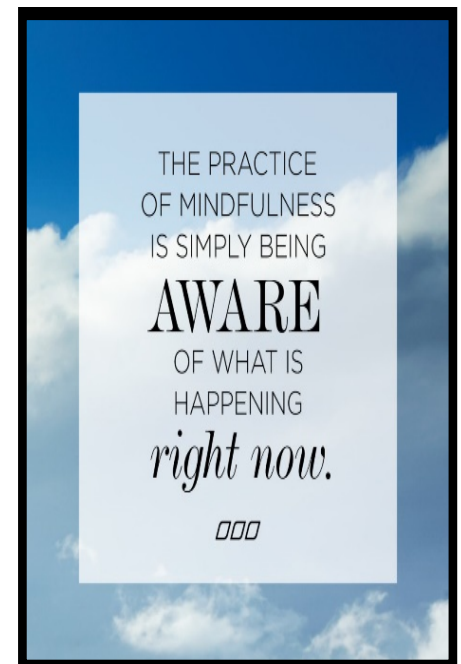
Dates: May 13 & 20 June 3 & 10

**Location: Presbyterian Church of the Covenant
503 Duncan Road, Wilmington, DE 19809**

Attendees can expect to be taught mindfulness practices and guided meditations, receive information about stress and wellbeing and grow in resilience and health. This class is **open to all Veterans, Military Members, and their dependents**. You must register, and you **MUST** attend all 4 Classes.

Wear comfortable clothing and bring an exercise/yoga mat!

**No Walk-ins: You must REGISTER
cost \$25 for all 4 classes**



RESERVE YOUR SEAT * ONLY 25 SEATS AVAILABLE

For questions or to **REGISTER**, please contact:

Rev. Tom Davis

President, Interfaith Veterans Workgroup

Interfaith Veterans' Workgroup - helping vets come home

<http://www.ivw.website/>

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