



# Stress Less with Mindfulness

## DATE & TIME:

Five sessions:

November 9, 16, 23, 30,  
and December 7th  
9-10 am

## LOCATION: SCC

Community Mental  
Health main building  
3111 Electric Ave, Port  
Huron, MI, 48060

**COST:** Free

**For Registration Contact:**

**Jacqui Rabine**  
[rabineja@msu.edu](mailto:rabineja@msu.edu)  
**(810)989-6935**

## Presenters:

Jacqui Rabine  
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## What:

Join us for five sessions to learn a wide variety of strategies of Mindfulness that leads to stress reduction, pain relief and improved focus:

Begin with Breath

Mindful Eating

Mindful Walking and Thought Surfing

Be Kind to your Mind

Mindful Laughter—The Best Medicine

**For:** Teens, Adults and Seniors

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## Other programs from MSU Extension

### **MSU Extension programming has something to offer every member of your family**

Michigan State University Extension helps people improve their lives by bringing the vast knowledge and resources of MSU directly to individuals, communities and businesses.

To help you be healthy at every stage of life, MSU Extension delivers affordable, relevant, evidence-based education to serve the needs of adults, youth and families in urban and rural communities. Programs focus on helping you gain the skills you need to buy and prepare nutritious, budget-friendly foods, increase your physical activity and stretch your food dollars.

MSU Extension's children and youth programs address needs and issues from birth through age 19, providing parents with educational resources related to your child's development and giving youth the opportunity through 4-H programs to build leadership and teach practical life skills.

**To find your local county office visit [msue.msu.edu/county](http://msue.msu.edu/county).**

**For more information or to join a class, contact your local MSU Extension county office or visit [www.msue.msu.edu](http://www.msue.msu.edu)**

### **Additional Classes**

#### **RELAX Alternatives to Anger**

August 12, 19 and September 2 and 9: 10:30-11:30 am

September 16 and 23 and October 7 and 14: 10:30-11:30 am

November 11 and 18 and December 2 and 9: 9-10 am

#### **Tai Chi for Beginners**

Tuesdays and Thursdays August 10 through October 14: 9-10 am

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