

“Mindfulness for the Stress of Everyday Living” Online Program

January 28, February 4, 11, 25

7-8:30 PM

Virtual Program at: [GoToMeeting.com](https://www.gotomeeting.com)

Presenter: Paula Koppel, RN

Learn about the impact of stress on health and well-being. What is mindfulness and how can it be helpful? Learn to recognize personal signs of stress and how to activate the relaxation response. Develop awareness of triggering thoughts, emotions and sensations.

Week 1: Introduction to Stress & Mindfulness

Week 2: Recognizing Signs of Stress

Week 3: Cultivating Mindfulness in Daily Living

Week 4: Bringing it All Home



Paula Koppel, MS, RN, Founder of “Age Well Be Well” holds degrees in Nursing, Integrative Health Coaching and Counseling Psychology. Her work in health promotion, gerontology and counseling have enabled her to support individuals to attain optimal health.

This series can be accessed from home at [gotomeeting.com](https://www.gotomeeting.com). Please call by January 29th to sign up: (617) 993-2983.

This program is sponsored by the Belmont Health Department “Stress Less Campaign”

For more information or to register, please call: (617) 993-2983.