

FREE Lunch & Learns for your workplace

“Mindfulness for the Holidays”

Mindfulness is a way of paying attention and seeing more clearly what is happening in our lives in the moment. It provides a new approach to living and working that allows us to be more fully present, improving the quality of our lives and our work. Individuals as well as corporate teams use this technique to focus on tasks and to develop calmness and clarity.

What better topic to bring into your workplace during this festive, challenging time of year? Other programs such as Chair Yoga are available on request.

**Call 414-434-7031 to reserve
your date!**



**Ian Baker Johnson, BFA,
MS, CEAP, ICR
InWellness Corporate
Programming Consultant**

Ian is a teacher trained in The Mindfulness Based Stress-Reduction Program from the University of Massachusetts Medical School and has taught mindfulness to individuals and in organizations since 2002 to help create a more conscious, vital, confident and healthy workforce.

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