

# Finding Calm:

A FREE class for families and friends caring for an older adult and older adults raising grandchildren

## Introduction to mindfulness

The 4-week introduction to mindfulness class will help you:

- Reduce stress
- Gain insight in the interplay of your mind and body
- Learn about mindfulness in a supportive and playful way
- Bring mindfulness into your daily life
- Explore your own stress patterns and habits
- Use the tools to deal with the challenges of caring for another person



No previous experience with meditation is required. The program is suitable for people with a wide range of physical abilities and cultural backgrounds

## Instructor

The 4-week course will be taught by Nicole Flinterman, MA, and qualified Mindfulness Based Stress Reduction teacher.

Wednesdays, April 18, 25 and May 2 and 9, 2018

12:30pm-2:00 pm at

1825 NE 108<sup>th</sup> Ave. Portland OR 97220.

For information or to register contact Loriann McNeill, Multnomah County Family Caregiver Support Program Coordinator at 503.988.8210 or email [loriann.mcneill@multco.us](mailto:loriann.mcneill@multco.us).

**Class size is limited and registration is required. Respite funds are also available.**

*Thank you Parkview Christian Retirement Community for the generous use of your space.*

