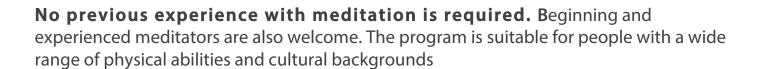
Finding Calm:

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

Introduction to mindfulness

The 5-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



For information on future classes, or to add your name to a waiting list, contact Loriann McNeill, Multnomah County Family Caregiver Support Program Coordinator at 503.988.8210 or email loriann.mcneill@multco.us.

Class sizes are limited and registration is required.



