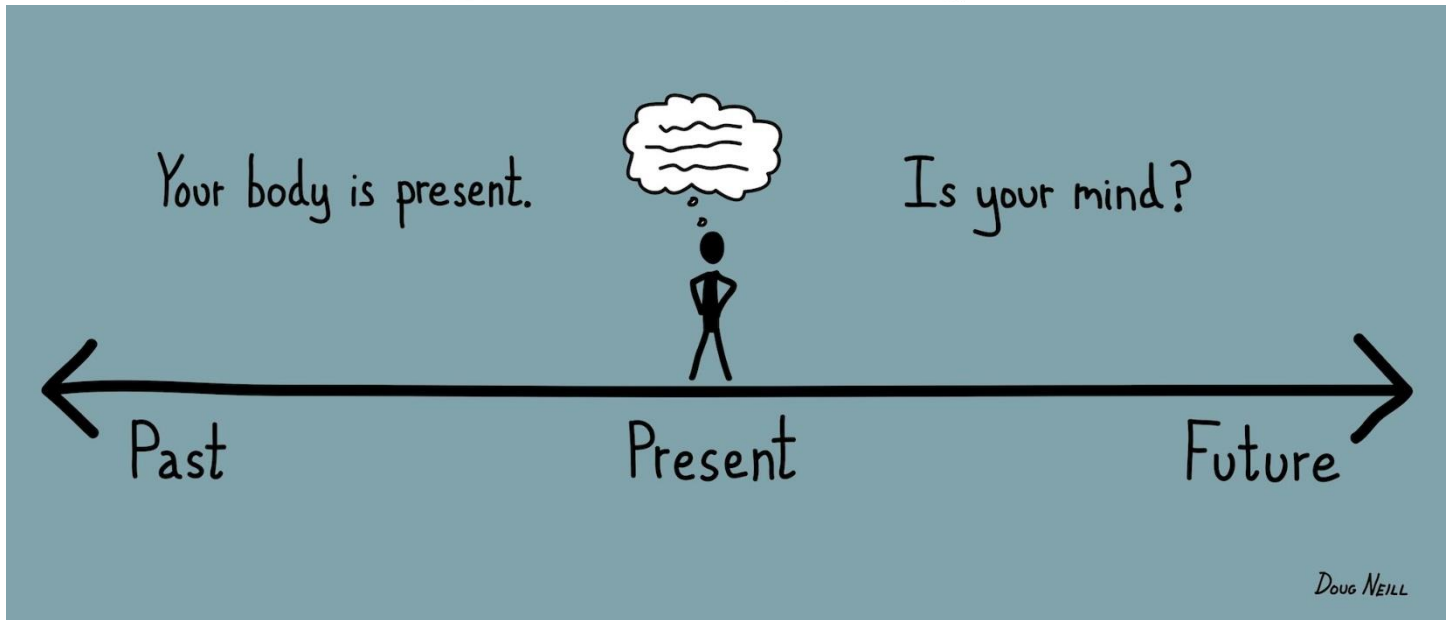




A Balanced Life  
Individual, Family and Child Therapy



## Introduction to Mindfulness Workshop

Tuesday, May 30<sup>th</sup>

6:00PM-7:15PM

FREE for Mental Health Awareness Month

2100 Eloise Ave

South Lake Tahoe, CA 96150

Often times, **our minds time travel:**

In to the **past** where the “should have” and “could have” thoughts come from. This can lead to anger, resentment, depression, and low self-esteem.

Or sometimes, it’s in to the **future** where the “what if”, “I have to” and “I need to” resides, which can lead to anxiety, stress, and insomnia.

**One solution:** Strengthen your mind’s ability to remain in the present moment. This skill is called **mindfulness**.

**Come learn the basics of this skill at A Balanced Life, Inc. on Tuesday, May 30<sup>th</sup>, run by clinical director Lindsay Simon.**

2100 Eloise Avenue, South Lake Tahoe, CA 96150

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[www.abalancedlifetahoe.com](http://www.abalancedlifetahoe.com)