

ABOVE AND BEYOND COMMUNITY CLASSES PRESENTS...



Computer Applications

Mindfulness Through Technology

with **JENNIFER KING, MSW**

class description: Mindfulness at our fingertips! Instructor Jen brings her computer and wellness background together for this interactive, weekly zoom class. Each week, students will increase their knowledge of tech-based resources as tools to increase their ability to practice mindfulness. The overall practice of being present and steps to mindfulness and positive coping in our current world will be integrated as various apps, games and computer program applications are shared.

dates and times: 7 Thursdays • 11-11:50am

4/22, 4/29, 5/6, 5/13, 5/20, 5/27, 6/3

participation fee: \$300.00

to register: email chawkins@buexperience.org

open to the **public** and **all abilities**.
see instructor's bio at abcommunityclasses.org

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