

FREE MINDFULNESS WORKSHOP FOR MIDDLE AND HIGH SCHOOL STUDENTS



MINDFULNESS HELPS!

Wednesday, Sept. 28

4 to 5:30 p.m.

AV Room Computer Lab

For ages 13 to 17

Ginny Wholley, certified mindfulness, yoga and meditation instructor, will help teens improve focus, sense of wellbeing, and self-regulation. No registration required!

**Free 1.5 Hour Library
Workshop**

**Teen stress can lead
to anxiety,
depression, and
diminished well-
being.**

**Learn how
mindfulness helps!**

**Visit our website at
mywpl.org for more
information.**



**3 Salem Square • Worcester, MA •
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Ginny Wholley has 20 years' experience presenting programs in community organizations including churches, schools, businesses, mental health organizations, and studios on yoga, mindfulness, meditation and other resilient life skills. More information can be found on her website at <http://www.resilientlife-yoga.com/>