



Join the III-A Wellness Team the first Monday of every month for 15 minutes of Mindfulness.
12pm PT / 1pm MT

Mindful Monday

October 7th:
Start Your Day
Stretch

November 4th:
Guided Imagery to
Improve
Concentration
and Focus

December 2nd:
Progressive
Muscle Relaxation
to Improve Mood

January 6th:
Snacktivities

February 3rd:
Mindful Meditation
Skills in Minutes

March 3rd:
Core
Strengthening

April 7th:
The Power of
Breath. Breathing
Techniques for
Relaxation

May 5th:
Tapping Away
Stress & Anxiety

June 2nd:
Light Stream
Guided Meditation

July 7th:
Back Stretch and
Strengthen

August 4th:
Mindful Eating
Techniques

September 8th:
Light Yoga

Scan to Register

Access all *Mindful Monday* recordings at iii-a.org:
Resources > Wellness Resources Library
(password: IIIABenefits2011)

