

TUESDAY, JANUARY 12, 2021 | 5:30 PM.

Mindful Wellness

Living in the present moment...

Mindful Wellness is designed to equip healthy people with practice and skills to strengthen the mind and body connection and promote holistic health and wellness across the lifespan.

Location: Online via Zoom

Presented by: Shannon Carter, OSU Extension Fairfield County

Pamela Montgomery, OSU Extension Morgan County

Register at: <https://go.osu.edu/4hmindfulwellness>