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Strategies for Change: Mindfulness

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Strategies for Change: Mindfulness

DFEND 3

Marcy 19, 2021

Guest Presenter: Ed Mink, Director of Wellness

Welcome to Week 6!

- Last Week: Practicing positive self talk
- This week's challenge: Try meditation
- YouTube Demos
 - The importance of sleep and foods that may help
 - 5 Components of Fitness #2: flexibility
- Join the personalized coaching sessions next week!