

# Mindfulness Workshop Series

Wednesdays this summer



- May 22 Introduction to Mindfulness
- June 19 Mindfulness & Self-Compassion
- July 24 Mindful Communication
- Aug 21 Mindfulness in the Workplace
- Sept 18 Mindful Eating

**7pm**  
~  
**8pm**

Funding for this project has been provided by the City of Bethlehem.

**Registration Required**  
for each session

BAPL Coolidge Satellite Branch  
2740 Fifth Street, Bethlehem, PA 18020  
484-892-6267

