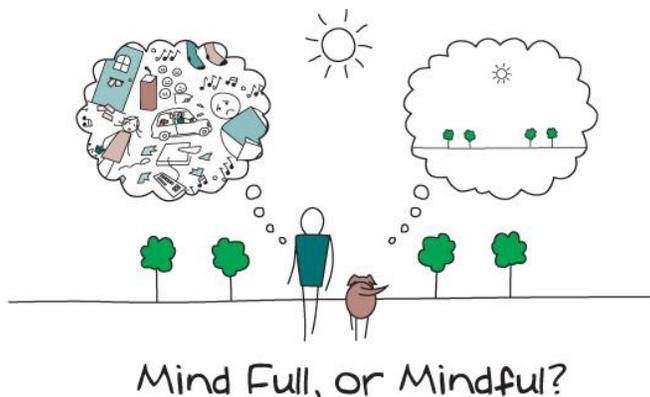


Somerville
Council on Aging
presents



Mindfulness and Stress Management

What: When you are **mindful**, you focus active, open attention on the present. You observe your thoughts and feelings from a distance, without judging them. Come practice and learn more with Patty Contente, LICSW.

Where: Holland Street Center, 167 Holland Street.

When: Monday, November 30th at 9:30 a.m.

Price: Free.

Please contact Janine Lotti at (617) 625-6600, ext. 2300 for more information or to register.