

All About Mindfulness



Thursday, May 9, 2024

11 a.m. - 12 p.m.

In person at ADRC


300 S Adams St, Green Bay



Presented by:
Michelle Erdmann,
Caregiver, Dementia &
Prevention Manager,
ADRC

Come join us and explore how to improve your health, reduce stress, and gain enthusiasm for life. Take a moment to become more aware, breathe, and embrace the present with all your senses and without judgement.

ADRC, 300 S. Adams Street,
Green Bay, WI

 www.adrcofbrowncounty.org
facebook.com/adrcbrowncountywi

Reasonable accommodations for disabilities are available, please request 5 days in advance.



Registration is required.
Space is limited.
Call ADRC
(920) 448-4300 to register.