



ARLINGTON EAP Mindfulness Open House

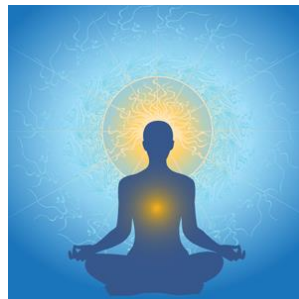
*Facilitated by Mindfulness Coach
Grace Belew, LMSW*



**"In a society that says, 'put yourself last',
self-love and self-acceptance are almost revolutionary."**

~Brené Brown

Consider taking some time out of your day to put yourself first and learn about how Mindful Practice with the Arlington EAP can benefit you!



Please join us for either or both of our sessions!

Feel free to drop in anytime during the hour to **learn** about Mindfulness Practice and it's benefits, the AEAP Virtual Mindfulness classes, and to **participate** in a Mindful Moment.

September 2nd – 4:00 PM- 5:00 PM

September 15th – 4:30- 5:30 PM

RSVP: EAP.Staff@apsva.us, to receive the Zoom link and password to access the Mindfulness Classroom.