

SPRING 2017



# Mindfulness *for* Change

Do you want to enjoy a fulfilling life?  
Do you want to live in the here and now?  
Do you want to manage everyday stress?  
Do you want greater happiness with others?

*Are you ready for a change?*

🌿 **COME JOIN US!** 🌿

## FAYETTEVILLE COMMUNITY MINDFULNESS GROUP

### DATE

Saturday  
March 18  
9:00 - 1:00

### LOCATION

221 ½ Hay St.  
Historic District  
Fayetteville NC

### COST

\$10 per person  
Lunch included

### MFC FACILITATORS

S. Elizabeth Snyder PhD  
Regina R. Wesley MA, LPC

Limited to 12 Participants

Register at [www.eventbrite.com](http://www.eventbrite.com) OR Email Regina Wesley: [aplaceforusrw@gmail.com](mailto:aplaceforusrw@gmail.com)