

Mindfulness Meditation

Clinic Peer Support
East Valley
Behavioral Health
1993 Mckee Rd. #C
San Jose, CA 95116

For More Information
Contact:
Natalie Rangel
(408)926-7950

Facilitated by
Natalie Rangel

Start Date:
May 19, 2017



East Valley Behavioral Health
Every Friday, for 8 Weeks

11:00 am-11:45 am

Please check-in at the front desk

- *Become acquainted with the present moment
- *Reduce stress
- *Improve your focus
- *Enjoy overall better health
- *Learn to observe your thoughts and experiences without judgment
- *Increase cognitive flexibility
- *Reduce emotional reactivity



SANTA CLARA COUNTY
Behavioral Health Services
Supporting Wellness and Recovery