**Mindfulness-Based Stress Reduction Group!**

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Join us Friday mornings twice a month at 10 am for a low-impact yoga, mindfulness and discussion group. All ages, abilities and experience levels welcome! This will be hosted online over web-cam (Lighthouse Center can help you to acquire and train on technology if needed, or you can participate by phone.)

**If you know or someone you know might be interested, call us at (218) 624-4828 or email Jessica at JessicaM@LCFVL.org**