

OLL Health Promotions Ministry
Presents:

Mindful Mondays during Lent

Christ told us in John 16:33 "I have told you these things, so that in me you may have peace. In this world you will have trouble. But take heart! I have overcome the world."

The Health Promotions Ministry invites you to participate in **Mindful Mondays throughout Lent**. During these sessions, our trained and qualified Health Ministers will guide us in learning valuable stress management tools and developing emotional resilience. These skills are vital for navigating challenging times with grace and maintaining inner peace.

Find Calm. Build Resilience. Live Fully.

- Guided Meditation
- Breathing Techniques
- Mindful Engagement

Benefits of Practicing Mindfulness:

- Learn tools to manage stress and anxiety
- Boost emotional well-being
- Enhance self-awareness

Join Our Virtual Mindful Sessions Every Monday during Lent Starting on March 2nd at 6:30pm email ollhealthpromotionmin@gmail.com to register!

If you want to learn more, we are having a Mini Mindful Info Session February 22nd in between masses at 9:40 and 12:45pm in the Cafeteria!

