

# MINDFULNESS FOR ANXIETY: A FREE CLASS FOR LATINX ADULTS



Learn mindfulness skills that can  
help calm the mind and body.

Regain control over your response to stress.

Free Online Class  
**For adults 18+**

Mondays at 6pm  
**Oct. 19th to Nov. 23th**

## INTERESTED?

*\*Brief Screening Required\**

Call Dr. Shin Shin Tang, Licensed Psychologist  
at (458) 207-0513 or [shinshin@oregonmindful.org](mailto:shinshin@oregonmindful.org)



**MBI**  
OREGON MIND  
BODY INSTITUTE



Offered by the  
**Oregon Mind Body Institute**  
in collaboration with **Centro Latino Americano**