

# 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 6 Class Series  
**For adults 18+**

Mondays at 6:00 pm  
**January 25th to March 1st**

## INTERESTED?

*\*Brief Screening Required\**

Call Claire Guidinger, M.A., M.S.,  
at (541) 283-3035 or [calm@oregonmindful.org](mailto:calm@oregonmindful.org)



**MBI**  
OREGON MIND  
BODY INSTITUTE



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