

**THE BRIDGES INSTITUTE  
FOR PROFESSIONAL  
DEVELOPMENT PRESENTS**

# **Wellness Wednesdays**

Come on over and join us for  
our free six-part series on  
meditation and mindfulness.

***Every Wednesday from 6-7pm***

**REGISTER TODAY ONLINE**

**Wednesday | May 6**

What is Mindfulness: Mindfulness of Breath

**Wednesday | May 13**

Mindfulness of the Body: Importance of Feeling the Body & Body Scan

**Wednesday | May 20**

Emotions: Exploring Emotions and Mindfulness of Self-Regulation

**Wednesday | May 27**

Heartfulness: Forgiveness

**Wednesday | June 3**

Compassion: Mindfulness and Communications

**Wednesday | June 10**

Everyday Mindfulness: Fruits of Mindfulness



**REGISTER TODAY: [www.texasaft.org/wellness](http://www.texasaft.org/wellness)**

Sessions will be broadcast via Zoom and live on [Facebook.com/TexasAFT](https://www.facebook.com/TexasAFT)