



FREE STRESS REDUCTION CLASS: MINDFULNESS MONDAY

Learn online from the comfort of your own home!

Does the start of the week stress you out? Take a break from your work week stress with the Y's free Mindfulness Monday class. Studies have shown that mindfulness can help lower blood pressure. This thirty minute class incorporates chair yoga, breath work, and meditation techniques to give you the tools to reduce your stress levels naturally.

Mindfulness Monday is part of the Y's Blood Pressure Self-Monitoring Program, but you do not need to be enrolled in the program to participate.

REGISTRATION:

Pre-registration for this Zoom virtual class is required. Send an email to: bloodpressureymca@gmail.com

CLASS SCHEDULE:

Last Monday of every month
1-1:30pm

UPCOMING CLASS DATES:

April 25, May 23, June 27, July 25

QUESTIONS? Send an email to bloodpressureymca@gmail.com

REGISTER BY EMAILING: BLOODPRESSUREYMCA@GMAIL.COM

YMCA of Central New Mexico - 4901 Indian School RD NE, Albuquerque, NM 87110

505-595-1515