



Mindstream

Touch-base Tuesday

meditation & mindfulness classes

Have you
been feeling
overwhelmed
or stressed
lately?

Have you
experienced
stressful side
effects from
cancer or
menopause?

Do you want
to learn science-
based skills to
ease your
mind and body?

If you answered 'yes' to any of these,
come join our mindfulness-based stress
reduction class!

WHEN: Tuesdays @ 7 PM (CST)

WHERE: Anywhere in the US on Zoom

HOW: Register online or by using the QR code!

COST: \$6/month

Less stress, more joy, better focus.
Let's meditate!



www.mindstream.me

