



January 10 - February 2 Tuesdays and Thursdays 11:30am-12:30pm

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How Mindfulness Can Help Define Your Goals and Help You Move Towards Them

Everyone has hopes, goals, and desires. However, the demands of our daily lives can cause us to feel overwhelmed and less connected to our purpose, creating chronic stress.

In this 4-week course we will develop skills that will help us feel more empowered in the pursuit of our personal and professional goals, eliminating the structure of “New Year’s Resolutions” and providing a path of real and consistent actions to help us move towards the goals we have.



www.gearup.fitness/cabq



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