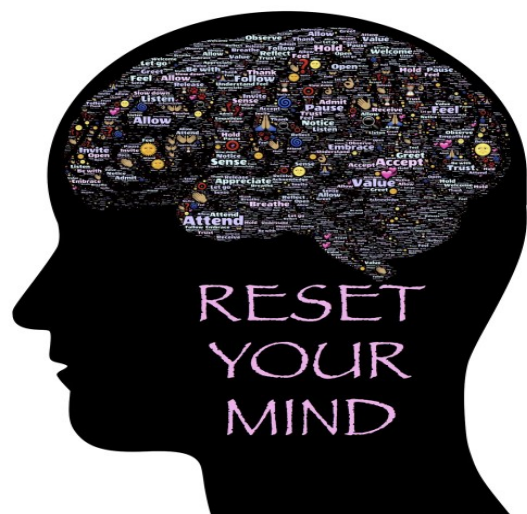


# MIIA Professional Development Training



**Date:**

March 23, 2021

**Time:**

2:00pm – 3:00pm

**Presenter:**

Anna Cherubino, LCSW

**To Register, click on below link:**

<https://attendee.gotowebinar.com/register/9037507704423158029>

## Cultivating Mindfulness in Everyday Life

Mindfulness is the simple act of being aware. This is not always easy: We live in a culture that does not reward slowing down, watching a sunrise, taking a lunch break, or resting. Rather, our culture rewards bigger, better, faster, and more. When we chronically live in the fast lane, we can lose an essential intimate connection with ourselves, colleagues, and family members. This loss often results in depression, fatigue, disillusionment, and restlessness. This seminar will introduce you to mindfulness and invite you to experiment with various ways to cultivate it in your everyday life.

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