



SPECIAL CLASS ALERT

The Mindset to Quit

FINDING MINDFULNESS WHEN BREAKING HABITS & ADDICTION

In support of **The Great American Smokeout** by the American Cancer Society, Ompractice presents: "The Mindset to Quit; Finding Mindfulness When Breaking Habits & Addiction."

Whether you're looking to **quit smoking, break free from other habits or addictions**, or just curious about the science behind mindfulness, this class is for you.

When: November 16th @ 7:30 pm EST/ 4:30 pm PST (60 minutes)

In this class, you'll learn:

- The science around habit, attachment, and soothing desire
- The mindfulness of what addictive pull feels like
- How to sit with the restraint from a habit or addiction
- Ways to redirect to more nourishing choices

You'll leave with:

- Ideas of areas where mindfulness practices can help you
- Practices to weave mindfulness into your day (to manage stress, anxiety, cravings, and more)
- A mindfulness challenge to do on your own

STEP 1: REGISTER FOR FREE FOR OMPRACTICE MEMBERSHIP VISIT:
[APP.OMPRACTICE.COM/MEMBERSHIPS/MIAA](https://app.ompractice.com/memberships/miaa)

STEP 2: REGISTER FOR CLASS @ [APP.OMPRACTICE.COM/CLASS/THE-MINDSET-TO-QUIT-NIKI-SACCARECCIA-NOV-16](https://app.ompractice.com/class/the-mindset-to-quit-niki-saccareccia-nov-16)