



## Mindfulness:



# Building Resilience in Ourselves and Others

*Presented by: Judy A. Maloney, MEd. LMHC*

This workshop has been approved for and offers 2 contact hours. BAP-321, Exp. 03/25.



### Location:

Sea Breeze Recreation Center  
2384 Buena Vista Blvd  
The Villages, Florida 32162

To register for free, please visit [www.naswfl.org/events.html](http://www.naswfl.org/events.html).