

## Drop in. It's Free!

Learn proven techniques to manage stress in a safe and inviting circle.

Learn mindfulness practices that include breathing techniques, meditation, how to quiet the negativity bias of the brain, and guided imagery. These tools provide healthier ways to cope while living in our fast-paced world.

Mindfulness circle meets on Thursdays from 10:30-11:15 AM.

**Delta Oaks Clinic  
Conference Room 129  
1022 Green Acres Road  
Eugene, OR 97408**

Mindfulness es atención plena. Significa prestar atención de manera consiente a la experiencia del momento presente con interés, curiosidad y aceptación.

Aprende técnicas de respiración y meditación que ayudan a manejar el estrés de la vida diaria. Descubre los que Mindfulness tiene para ti .

Participa en el grupo de Mindfulness los jueves a las 10:30 AM. ¡Gratis!

**YOUR TEAM**  
for better health.

## Primary Care Clinics located in Eugene and Springfield:

- Brookside Clinic
- Charnelton Community Clinic
- Delta Oaks Clinic
- Lane County Behavioral Health-Primary Care
- RiverStone Clinic
- Springfield Schools Health Center



(541) 682-3550  
[www.lanecounty.org/chc](http://www.lanecounty.org/chc)

Community Health Centers of Lane County  
Alternative Care

Starting on  
Dec. 13th, 2018!

## Mindfulness Circle for Stress Management

Thursdays  
10:30 AM

**Delta Oaks Clinic**  
1022 Green Acres Rd.  
Eugene, OR 97408



## **Amy Trezona, RN, NBC-HWC**

Amy guides participants to know that their lives matter and it's important to treat themselves accordingly.

While creating ease in their bodies and minds, participants manifest their deeper desires because they have contacted them sometimes for the first time.

Amy helps participants connect their hearts to their health improving their lives in every dimension.

- **National Board Certified Health and Wellness Coach**
- **Registered Nurse: Bachelor of Science in Nursing**
- **Mindfulness Based Stress Reduction instructor and group facilitator**

## **What is Mindfulness?**

Mindfulness is a way of being present in each moment. It is a basic quality of awareness that is cultivated by learning to pay wise attention to whatever is happening in our lives.

Mindfulness training helps you learn purposeful, trained attention to bring greater focus on what's most meaningful and decrease negative thoughts in our mind. This can foster a deeper sense of mental well-being and bring about more calmness, clarity and concentration.

There are thousands of published studies indicating the mental and physical benefits of mindfulness practices and meditation. Research shows that meditation can reduce blood pressure, heart rate, stress levels, and is used often for pain management.

## **Are You Ready?**

Relax, restore and remind yourself that you are important.

Join mindfulness practitioners and learn nurturing ways to take care of your body, heart and mind.

Learn to cultivate your natural capacity to actively engage in caring for yourself.

Learn to pay attention to your moment to moment experience with acceptance and tenderness.

Find greater balance, ease, and peace of mind.

Improve your sense of wellbeing; relax, restore, and remind.

## **Join Us!**

**Starting December 13, 2018,** the Mindfulness Circle will meet on Thursdays from 10:30-11:15 AM, at the Delta Oaks Clinic, 1022 Green Acres Road in Eugene. No cost.