

Mindfulness for Stress Reduction

Stress is a major cause of psychological and physical distress. The practice of Mindfulness has been shown in numerous studies to reduce stress, anxiety, depression, insomnia, and increase happiness & health.

Skill-building 6-week workshop for adults with Rachel Lee, LMFT



You will develop a personal mindfulness practice and take a significant empowered step towards greater well-being.

6 consecutive Wednesdays – October 4th, 11th, 18th, 25th & November 1st, 8th

12:00pm-1:00pm

77a Excelsior Ave, Saratoga Springs, NY 12866

Please note: Commitment to the 6-weeks is requested. Insurance or private pay options available. Please inquire. Workshop has limited availability, so sign up soon!

Sign up by contacting: Rachel.LeeLMFT@gmail.com or 518-810-3210