



# Mindfulness with Angela

*"Helping others recharge their souls one breath at a time"*

In modern society, the anxiety of the future combined with memories of the past, make it nearly impossible to focus solely on the present. Mindfulness is meant to help us tap into this energy. The process of bringing your attention to the current moment is practiced through meditation and awareness of breath. Through meditation, we reprogram our thoughts and feelings, and in turn, being the best version of ourselves.

**Benefits:**

- Helps you feel more present and connected to the now
- Decreases stress and anxiety
- Improves metabolism and immunity
- Improves circulation and helps defy aging
- Aids concentration and brain function
- Generates positive thinking patterns

Cliffside Park Senior Activity Center

Live Meditation with Angela

Every other Tuesdays at 11am beginning July 13, 2021

Call for details 201-943-3768

Program Supported by  
BC Division of Senior Services