

WellNYS Everyday
Mindfulness Strategies for Mental Health and Well-Being



Monday, September 8, 2025
12:00 noon – 12:30 p.m.

The presenter will share practical insights, mindfulness techniques, and strategies to help you build resilience in the when faced with difficult situation.

The session will also emphasize the importance of not dwelling on negative experiences and finding positive perspectives even during challenging times.

[Register for September 8](#)

