



Mindfulness in Motion

Do you struggle to find
time for personal wellness?

**Learn and practice physical and
mental techniques to assist in regulation**

- Come practice self-care in real time
- Bring a mat and a water bottle
- Available for caregivers
of youth under 18 with Medicaid



Meetings held in person at
46 Lincoln Ave, Poughkeepsie

For more information, please e-mail
Carmen Torres at CTorres@astorservices.org