

# *The* ANXIETY & STRESS MANAGEMENT INSTITUTE

1640 Powers Ferry Road SE • Building 9 • Suite 100 • Marietta • Georgia 30067 • 770.953.0080

## Introduction to Mindfulness Practice Therapy Group Free and Open to the Public

This free, one-hour group is intended as an introduction to mindfulness practice. We will discuss basic concepts, and practice fundamental skills such as sitting meditation and walking meditation, as well as explore practical daily applications of mindfulness. This group is appropriate for all levels of skill and experience.

### Day & Time:

Mondays: 11:00 a.m. – 12:00 p.m.

### Led by:

Adam Funderburk, LPC, NCC

### Location:

The Anxiety & Stress Management Institute

Please see our website for directions:

[www.stressmgt.net](http://www.stressmgt.net)

### Contact:

Please call our Intake Counselor  
at 770.980.0080 Ext. 302 or by

Email at: [info@stressmgt.net](mailto:info@stressmgt.net)

### Objectives

- ? Reduce anxiety and stress
- ? Support immune function
- ? Increase mental resilience and distress tolerance
- ? Decrease depressive symptoms
- ? Increase pain tolerance
- ? Improve overall mental outlook

