



2019 Live Yes! Conference of Champions

ATLANTA, GEORGIA • SEPTEMBER 13-15, 2019

Mindfulness

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Mindfulness:

What is it?

Why is it important?

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Mindfulness:

Mindfulness is letting go of taking things for granted.

Mindfulness is returning to the present moment.

“To be alive is to totally and openly participate in the simplicity and elegance of here and now.” -Donald Altman

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 **Arthritis
Foundation®**

**Let's try out a
short breath
meditation.**



Mindfulness:

What are the options?

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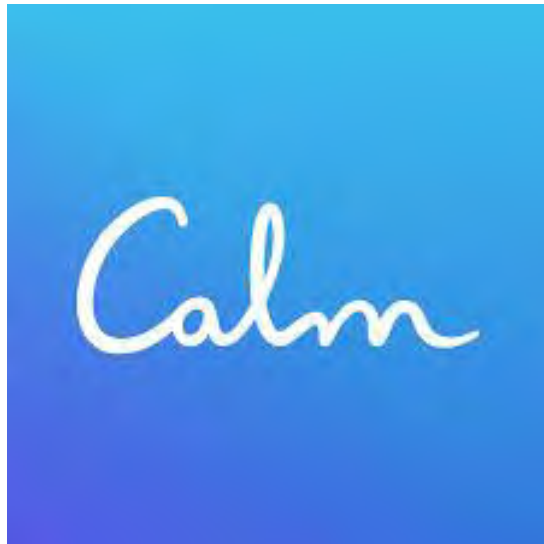


Q&A



Resources

To get started...or to keep going



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