



Lynn Sipher, LMSW, LMFT, ACSW
Mindfulness-based Psychotherapy

Introduction to Mindfulness: a benefit for the Women's Center of Southeastern Michigan

"Mindfulness" is a word we
see everywhere these days.

What is it?

How do we practice it?

Please join us for a morning
of learning about and
experiencing mindfulness
first hand while supporting
this not-for-profit agency.
No experience necessary.
Everyone welcome!

Saturday, March 18, 2017

10:00am - 12:00pm

Please register by March 13

510 S. Maple, Ann Arbor

Suggested tax-deductible donation: \$50.00

Contact Lynn at 734-332-3365 or

lynnsipher@gmail.com for more information or to register

The Women's Center of Southeastern Michigan



"Mindfulness is the awareness that emerges through paying attention on purpose,
in the present moment, non-judgmentally, to things as they are."

Williams, Teasdale, Segal and Kabat-Zinn

Lynn Sipher, LMSW, ACSW is a social worker, mindfulness teacher and a longtime volunteer at The Women's Center.