



African American
Health Program

MINDFULNESS FOR WELL-BEING: A FIVE-WEEK PROGRAM

**Training in research-supported mindfulness
and self-compassion practices**

Register today at
<https://tinyurl.com/aahpmindfuljan23>

When:

Mondays, 5:30-6:30 PM EST
Jan. 16 to Feb. 13, 2023

Where:

First four sessions are online
(Zoom). Final session is
in-person in Rockville, MD

Who:

This program is targeted to
Black residents of
Montgomery County, MD



Instructor: Kimberly Johnson

Contact: kimberly.johnson2@montgomerycountymd.gov

Phone - 240-777-1202

About the program:

The program is designed to provide mindfulness training to support a daily practice to enhance overall health and well-being. The curriculum incorporates practices from Mindfulness-based Cognitive Therapy (MBCT) and Mindfulness-based Self-Compassion (MBSC).

Who should take the program:

People of African ancestry living in Montgomery County, MD interested in receiving hands-on training in mindfulness practices. Participants must be prepared to commit to a daily mindfulness practice of at least 10 minutes.

About the Instructor:

Kimberly Johnson has practiced mindfulness since 2008 and has a master's in Community Health Promotion and is a Certified Health Education Specialist and Certified Holistic Health Coach.

Meeting Accessibility Policy:

Montgomery county will provide sign language interpreters and other auxiliary aids or services upon request – with as much advance notice as possible, preferably within at least three business days before the event. Contact Miss Arlee Wallace, program manager for the African-American health program at 240-777-1451 or send a request to arlee.wallace@montgomerycountymd.gov.

MONDAY, JANUARY 16, 2023

5:30 PM - 6:30 PM EST

Virtual via ZOOM

MONDAY, JANUARY 23, 2023

5:30 PM - 6:30 PM EST

Virtual via ZOOM

MONDAY, JANUARY 30, 2023

5:30 PM - 6:30 PM EST

Virtual via ZOOM

MONDAY, FEBRUARY 6, 2023

5:30 PM - 6:30 PM EST

Virtual via ZOOM

MONDAY, FEBRUARY 13, 2023

5:30 PM - 6:30 PM EST

1401 Rockville Pike, Rockville, MD