

DEERFIELD HILLS COMMUNITY CENTER PRESENTS



# Mastery of the Mind

Mastery of the Mind is a six-week workshop that will help participants establish a foundational understanding of mindset and mental health. This course will emphasize interconnectedness and build skills to master mindfulness. For ages 18 and up, \$33/person for 6-week series. Space is limited, registration required.

- Session 1: Introduction to Mindset and Mental Health
- Session 2: Building a Positive Mindset
- Session 3: Stress Management
- Session 4: Emotional Intelligence
- Session 5: Mindful Movement and Meditation
- Session 6: Expressive Arts and Meditation

Two locations and times available:  
Thursdays July 11 - August 15 5:30pm  
Deerfield Hills Community Center  
Saturdays July 13 - August 17 11:00am  
Panorama Park

To register visit:  
<https://tinyurl.com/masteryofthemind>  
or call (719) 385-5996.



Deerfield Hills Community Center  
4290 Deerfield Hills Road Colorado Springs, CO 80916