



### **Welcome to Mindful Mondays!**

Join us for in our series of ***Mindful Mondays*** to support Mental Health and receive 1.0 CLE complimentary. Open to all. Forward to a colleague.

**Presentation:** Breathe: Finding inner peace in the middle of the storm

**Presenter:** Andrew Decker

**Date:** Monday, December 16, 2024

**Time:** noon – 1:00 pm

**CLE:** 1.00, 0.00 ethics

**Overview:** Join us for a thoughtful discussion on taking a moment to breathe can be a powerful tool for finding inner calm. By grounding ourselves in the present, even in the midst of chaos, we create space to regain clarity, reduce stress, and protect our mental well-being.