



MINDFULNESS

AT THE SANIBEL REC CENTER

As a part of the new "Ding" Darling Nature Wellness Program, The J.N. "Ding" Darling National Wildlife Refuge is partnering with the Sanibel Recreation Department to provide free wellness programs.
Caring for yourself is caring for your community.

What is "Mindfulness"?

The National Institute of Health defines **mindfulness** as "a form of meditation which involves maintaining attention or awareness on the present moment without making judgments." Essentially, it is the practice of bringing yourself into the present.



Questions?

Contact Ranger Jess at **jessica_barry@fws.gov** and visit **dingwellness.org** to learn more about the new and exciting "Ding" Nature Wellness Program initiatives.

Scan me!



Join us for a program:

Mindfulness Meditations

- **Every Friday** from 12–12:30 p.m. at the Sanibel Recreation Center.
- Give your brain a break with this simple, 30-minute seated mindfulness meditation.

Nature Wellness Walks

- **Every Saturday** from 10–11 a.m.
- Meet in Rec Center lobby for a peaceful, outdoor nature walk.



MySanibel™
City of Sanibel, Florida



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