



Educational Seminar



Join us on Zoom to learn more about

Incorporating Mindfulness: Fostering Your Emotional Wellbeing

Thursday, July 16 at 1:00pm

This is an online webinar presentation

<https://us02web.zoom.us/j/81935729145?pwd=TWVUNzIiWktRQk9JSHNNRkFISkhkUT09>

Feeling stressed, nervous or overwhelmed with all that is happening around us?

This is a perfect opportunity to learn how to effectively manage emotions by utilizing mindfulness techniques. By attending this seminar, you will learn about benefits of mindfulness and different types of mindfulness practices.

Shiori Lange is a Licensed Clinical Social Worker who works full-time as a Geriatric Medical Social Worker providing psychosocial care (Post-Acute Care, Behavioral Health, Palliative Care) for individuals and families. In 2018, Shiori opened her private practice office in Long Beach. She provides behavioral health psychotherapy and geriatric care consultation. Shiori specializes in older adults, family, caregiving, dementia, mental health, grief and mindfulness.

ZOOM Meeting ID: 819 3572 9145

Password: 540943

