



# Mindfulness for Everyday Well-Being



 **Tuesday, March 10, 2026**

 **10:00 – 11:00 AM**

 **Arts & Crafts classroom**

**Join us** for an engaging talk with Malena Price from Massachusetts General Hospital.

Malena will share a down-to-earth look at what mindfulness is (and isn't), why it matters, and what the research says about its benefits. We'll chat about easy ways to bring mindfulness into everyday life and share a few helpful resources to keep you going.

Presented by:



**Malena Price**

Malena is a predoctoral intern at Massachusetts General Hospital

This event will include **food**, time for **Q&A** and an open **conversation** about mind-body health within our communities.

For more information about this presentation or the **Healthy Aging Educational Series** contact