



Mindful Mondays

Series at Andahwod

(2910 S. Leaton Rd., Mt. Pleasant, MI 48858)

Sept. 14 & 21, 2026 | Oct. 5 & 12, 2026

Andahwod and Michigan State University Extension present a wellness series including four one hour sessions:

- ▶ **Tai Chi – Sept. 14**
1 p.m. | Andahwod CGA
- ▶ **Mindfulness for Better Living – Sept. 21**
1 p.m. | Andahwod CGA
- ▶ **Sleep Education for Everyone (SLEEP) – Oct. 5**
1 p.m. | Andahwod CGA
- ▶ **RELAX: Alternatives to Anger – Oct. 12**
1 p.m. | Andahwod CGA



Participant requirements:

- Participants should be 18 years of age or older
- Tai Chi participants must wear flat, enclosed shoes



For more information, please contact: Denise Pelcher at depelcher@sagchip.org or 775-4339

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