



*Crim* FITNESS FOUNDATION in partnership with **hap** present

# MINDFULNESS

Your Health. Your Life. Your Community.

## An Evening with Jon Kabat-Zinn

With support from

The Community Foundation of Greater Flint

Thursday, October 6 • 7:00 - 8:30 pm

1 Riverfront Center, Flint, MI

**Register for FREE**



[The Crim Fitness Foundation](#) is pleased to be expanding our work in bringing Mindfulness into the mainstream of health awareness both here in Flint and throughout Michigan. Evidence based research demonstrating the many positive health and performance benefits of mindfulness serves as the platform for Crim's programming expansion - initially starting with school based programming and a primary focus on children. To launch Crim's expanded work we are pleased to be joined by the many local and state partners listed below who are seeking to make Flint and Michigan best practice Mindful Communities.

To introduce our compelling work, we are extremely pleased to have renowned author and lecturer Jon Kabat-Zinn joining us in person to share his expertise, clarity and wisdom about this valuable tool for bringing health and healing to our children, us as individuals and our community. Jon's presentation is an extremely powerful, transformational

message that is valuable for anyone to hear--So Join Us!

To provide all attendees an understanding of the specific Crim Mindfulness Programming that will be introduced in all Flint Community Schools this fall and throughout Genesee County in 2017, we are also pleased to announce that joining Jon on Oct. 6th will be representatives from the Crim's core team of programming partners including:

- [Hawn Foundation](#) (founded by actress Goldie Hawn - scheduled to be making an appearance either in person or by video)
- [Inner Explorer](#)
- [YogaEd](#)

**Mindfulness**  
has been shown to:

- improve a child's academic performance and social behavior
- improve an adult's response to stress and quality of life
- create a more compassionate and caring community

The Crim Fitness Foundation, a 501c3 nonprofit organization, cultivates accessible, vibrant communities in Flint and Genesee County that encourage people to lead healthy lifestyles by integrating physical activity, healthy eating and mindfulness into their daily lives and mentors other communities to do the same.

For more information, visit <http://crim.org/mindfulness-symposium/> or contact Christina Ferris at [cferris@crim.org](mailto:cferris@crim.org) or 810.235.6232.

Support for this event also provided by:

