

Item for the Post – Donna Krug, District Director and Family & Consumer Science Agent – K-State Research & Extension, Cottonwood District

Including Mindfulness in Your Daily Routine

Today, the word ‘Mindfulness’ is attached to almost everything we do. Becoming more aware of our eating, walking, or moving in general can be considered mindfulness. We had to cancel the classes we had scheduled in April due to COVID-19 but since the ban for our face-to-face meetings will be lifted July 4th, it is the perfect time to consider signing up for a class that focuses on mindfulness, offered through the Great Bend Recreation Commission.

Mindful Meditation with Do-In (pronounced doe-eeen) is being offered on Tuesdays and Thursdays, July 14th through the 30th. The 6 one-hour classes will be held at 10:00 AM at the Great Bend Activity Center, 2715 18th Street. The Mindful Meditation and Do-In classes begin with a short guided meditation designed to help you focus on the present moment. Too often our emotions or worries get in the way of letting us relax and take a deep breath. The Do-In exercises that follow the meditation are exercises for health. The exercises are suitable for people of any age and anyone who may be dealing with a chronic condition. The focus is on imagery, breathing and relaxation when performing Do-In exercises. Participants in the two sessions we led last fall had many positive comments.

My husband, John, who is a retired Chiropractor certified in Acupuncture, helps to lead the class. There is a \$10 charge for this workshop that is payable to the Cottonwood Extension District. Call me at (620)793-1910 or e-mail me at dkrug@ksu.edu to sign up for this fun class.

Update on our Cottonwood Office Protocols

While both the Hays and Great Bend offices are open once again, we must remain vigilant to keep safety of the participants, volunteers and public a top priority. If the business you need to conduct with our office can be done over the phone or e-mail, please consider that. When coming to our office we are asking everyone to use cloth face coverings and maintain a 6 foot distance with others as much as possible. We look forward to answering your questions so please stay in touch!

Donna Krug is the District Director and Family & Consumer Science Agent for K-State Research & Extension – Cottonwood District. You may reach her at: (620)793-1910 or dkrug@ksu.edu K-State Research & Extension is an equal opportunity provider and employer.