



## Center for Functional Medicine Functioning for Life™ Mindfulness

Lifestyle changes can be challenging but your breakthrough is closer than you think!

If you want to maximize the results you have already achieved in the Functioning for Life (FFL) program then FFL Mindfulness is the program for you!

### Why Mindfulness?

Mindfulness is the practice of bringing one's complete attention to the present experience on a moment-to-moment basis.

### Mindfulness can:

- help gain focus
- enhance self-motivation
- boost working memory
- improve energy levels
- develop good habits
- lower emotional reactivity
- improve cognitive flexibility
- self-regulation
- provide better relationship satisfaction
- manage emotions that interfere with progress towards healthy habits.

### How Will Mindfulness Help Me on My Journey?

Your Functional Medicine Health Coaching team will help you take a deeper dive into the components of mindfulness that are crucial for lasting lifestyle and behavior changes.

You will learn to leverage your strengths and will leave with a new understanding and practical use of mindfulness, self-awareness, positivity, hope for the future, success and resilience.

This 6 week series is offered bi-weekly at no cost to those who have completed one of the Functioning for Life programs. This is a shared medical appointment where you will continue your journey with other patients who have also completed an FFL program.

For days, times and locations of the sessions, visit [clevelandclinic.org/FFLMindfulness](https://clevelandclinic.org/FFLMindfulness)