



# BALANCED YOU



## Mindfulness

### Summer 2026 Schedule

Mindfulness is the practice of being present and fully engaged with whatever we're doing at the moment—free from distraction or judgment. It's a proven method to reduce stress, improve focus, and enhance overall well-being. Balanced You partners with mindfulness providers CuriosityBased, SolJoy, and Mindfulness Northwest. Register through the QR code.



Classes from Mindfulness Northwest	Date	Time
Quieting the Busy Mind	July 22	noon to 1 p.m.
Staying Grounded under Pressure with Mindfulness Tools	Aug. 18	noon to 1 p.m.
Quieting the Busy Mind	Sept. 16	noon to 1 p.m.

Classes from CuriosityBased and SolJoy	Date	Time
Reset for Caregivers: Mindfulness, Calm, and Clarity using EFT (Emotional Freedom Technique) Tapping	July 22	noon to 1 p.m.
Finding Peace in Chaos for Parents	July 29	2 to 3 p.m.
Dealing with Anxiety	Aug. 4	1 to 2 p.m.
Staying Calm in Stressful Situations	Aug. 11	2 to 3 p.m.
Physical Movement to Help with Mental Clarity	Sept. 17	noon to 1 p.m.
Dealing with Ongoing Change and Uncertainty	Sept. 22	10 to 11 a.m.

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