

The **MINDFULNESS PROJECT**

Presented by:
**The Alexandria
Commission on Aging**



Commission on Aging
Alexandriava.gov

What is the Mindfulness Project?

The Alexandria Commission on Aging is leading a community art activity called the Mindfulness Project. The purpose of the project is to create awareness about the many services available to aging adults in the city of Alexandria and to promote wellness in the community through a mindfulness activity. Chalkboards with the gratitude question of "Today, I am GRATEFUL for ...", are in 8 different locations throughout the city to encourage the community to take a moment and reflect on what they are grateful for. So TODAY, what are YOU grateful for?



Participating Locations

Casa Chirilagua
4109 Mt Vernon Avenue

Charles Houston Recreation Center
901 Wythe Street

Dolci Gelati
107 North Fairfax Street

Goodwin House Alexandria
4800 Fillmore Avenue

Ms. Moxie's Moon Shop
102 North Fayette Street

Pat Miller Neighborhood Square
Oxford and Mt. Vernon/Delray

Patrick Henry Recreation Center
4653 Taney Avenue

Senior Services of Alexandria
206 North Washington Street

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