Maintaining Attention:

Tuesday, January 6th - 7:30 AM ChST
A Savor Lining MindSculpt Class for

With everything that occurs within our work & personal environments, the ability to process information & focus is incredibly important. This class was created to help you to understand & improve your attention skills.

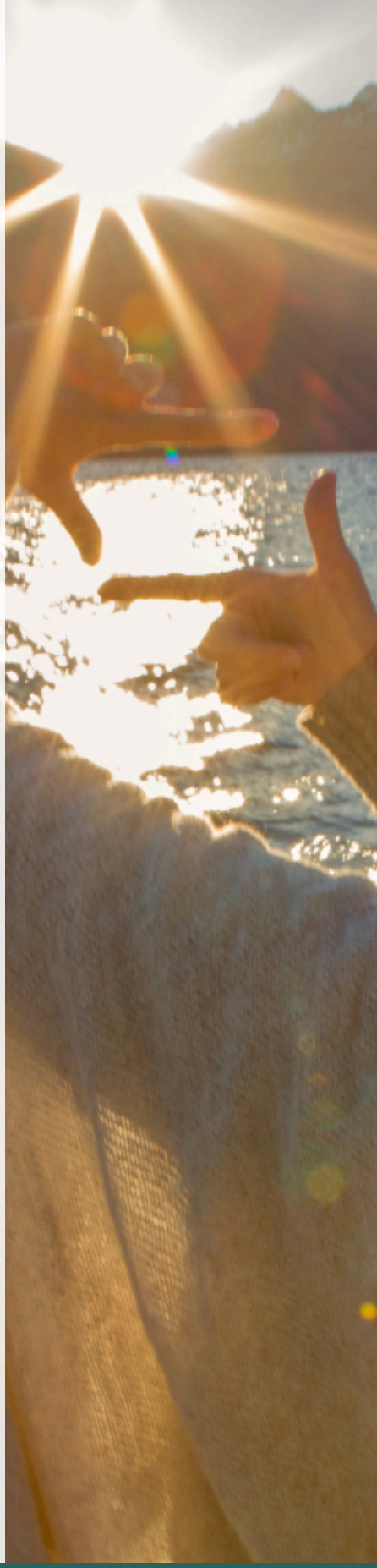
In this therapist-led class, you'll learn:

- The five specific types of attention
- The varying factors, medical challenges & signs that impact our ability to concentrate
- A guide to the life hacks that will help to you to improve focus & attention over time
- Exercises built around improving focus your focus in multiple ways & better working through tasks

Join this live, 60-minute event, with opportunities to anonymously ask questions & chat with others.

No Registration Required

RSVP To Team Calendar Invite



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