

Center for Mindfulness

Summer 2019

# WEEKLY ONLINE MEDITATION GROUP



**GUIDED MINDFULNESS MEDITATION TO START THE DAY**

**Mondays** from 7:30-8 a.m.  
July 8 to August 26  
Led by Lucy Sternburgh, Ph.D.

**Wednesdays** from 7:30-8 a.m.  
July 10 to August 28  
Led by Ruth Lerman, M.D.



**Online via webinar or phone**

When it's time, join the meeting at <https://zoom.us/j/2488985000>

or call (929) 205-6099, Meeting ID: 248 898 5000

Free and open to all adults. Attend any or all. Registration not required.

**FOR MORE INFORMATION:** visit [Beaumont.org/mindfulness](http://Beaumont.org/mindfulness)

**QUESTIONS:** call (947)522-1674 or email [CenterForMindfulness@beaumont.org](mailto:CenterForMindfulness@beaumont.org)

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