

~ Center for Mindfulness ~

2024 Weekly Online Meditation Group

Guided Mindfulness Meditation to Enhance the Day

The guided meditation sessions are free and open to all adults.
You may attend any or all. Experienced and new practitioners welcome.

Mondays from noon to 12:30 p.m.
Led by Bharti Thakkar, CYT, MBA

Wednesdays from 7:30 a.m. to 8 a.m.
Led by Ruth Lerman, M.D.



**CLARITY • COMPASSION
COURAGE • COMMUNITY**

Online sessions will be delivered via Microsoft Teams.
To register, select the link or use the QR code
<https://forms.office.com/r/1PmX62vGxF>



Contact Center for Mindfulness

For more information, visit: Beaumont.org/Mindfulness

Questions, email: CenterForMindfulness@corewellhealth.org