

Center for Mindfulness

Fall 2021

WEEKLY ONLINE MEDITATION GROUP



GUIDED MINDFULNESS MEDITATION TO ENHANCE THE DAY

Mondays from noon-12:30 p.m.
Sept. 13 to Dec. 20

Wednesdays from 7:30-8 a.m.
Sept. 1 to Dec. 22

Free and open to all adults. Attend any or all.
Offered online via videoconference.



Register at: surveyMonkey.com/r/RQLHXFK

Following registration, watch for an email confirmation containing your link to join the live sessions.



SCAN THE QR
CODE TO HEAR
RECENT GUIDED
MEDITATIONS!

FOR MORE INFORMATION: visit

Beaumont.org/Mindfulness

QUESTIONS: call 947-522-1674 or email

CenterForMindfulness@beaumont.org