

**THE EDGE** *Preventative*  
**CARE**

Powered by THE EDGE Total Health Network



THE UNIVERSITY OF VERMONT  
**EMPLOYEE WELLNESS**

*Your partner. Your path.*

# Mindful Mondays



START YOUR WEEK FEELING CENTERED  
WITH A LUNCHTIME MINDFULNESS  
PRACTICE

HOSTED BY PREVENTATIVE CARE DIRECTOR LINDA ROSENTHAL

MEDITATION · BREATHING EXERCISES ·  
MINDFUL BODY SCANS · LOVING-KINDNESS

MONDAYS  
12:00 – 12:30 PM VIA ZOOM

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