



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:
2/13, 3/6, 3/20, 4/3, 4/17, 5/1
12:00 – 12:30 PM VIA ZOOM

REGISTER
HERE