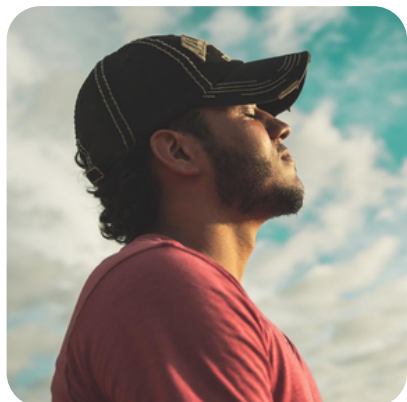


Weekly Mindfulness Meditation

JUNE 2025



Mindfulness Meditation

Mondays June 9 – 23, 4:30–5 PM



Foster your health and well-being with a 30-minute mindfulness meditation.

Register: tinyurl.com/mindfulness-june25



Kindness Meditation

Wednesdays June 11 – 25, 12:30–1 PM



Focus your practice on kindness and compassion during this 30-minute meditation.

Register: tinyurl.com/kindness-june25



Mindful Pause

Thursdays June 12 & 26, 12:45–1 PM



Take a 15-minute mindful pause for your well-being.

Register: tinyurl.com/pause-june25