

MINDFUL MONDAYS

A Summer Meditation & Relaxation Series



Join Sam for a 30 Minute Drop-In Guided Meditation to
Calm and Re-Center Your Mind

MONDAYS AT 3:00 PM

July 9, 16, 23

August 6, 13, 27

Learn the many benefits & explore the basics of meditation
through guided relaxation & breathing techniques. Free.



NO EXPERIENCE NECESSARY