

MEDITATION



Thursday, May 30 | 12:30 p.m. – 1 p.m.

About the Webinar

Meditation is a proven method for training and quieting the mind to cultivate heightened awareness, attention, and relaxation. Designed to reduce stress and improve concentration, participants are guided through a mindfulness practice that involves being fully focused on “the now” to acknowledge and accept thoughts, feelings, and sensations without judgement.

SIGN UP FOR THE MEDITATION WEBINAR TODAY!

<https://wellableservices.as.me/WMCHealthServices>



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