

VIRTUAL MEDITATION GROUP

Every Wednesday and Friday
11 - 11:15 AM

NEED A BREAK FROM WATCHING THE NEWS, HOMESCHOOLING YOUR KIDS, OR WORRYING ABOUT THE STATE OF THE WORLD? COME JOIN OUR 15 MINUTE MEDITATION CLASS FOR SOME CALM AND PEACE. FROM BEGINNERS TO EXPERTS, WE WILL EXPLORE A DIFFERENT MEDITATION EACH SESSION AND HELP ASSIST IN QUIETING YOUR MIND. RESEARCH SHOWS THAT MEDITATING 15 MINUTES A DAY CAN ACTUALLY CHANGE OUR BRAIN STRUCTURES AND HELP WITH ISSUES SUCH A DEPRESSION, STRESS, AND INSOMNIA. ALL YOU NEED IS A LAPTOP OR CELLPHONE WITH A CAMERA, AND WE WILL PROVIDE YOU WITH THE LINK. THE SET UP IS EASY AND QUICK.



MODERN ASSISTANCE
EMPLOYEE ASSISTANCE PROGRAM
EST. 1988

**FOR MORE INFORMATION CALL:
617-774-0331**