

Center for Mindfulness

Spring 2020

# WEEKLY ONLINE MEDITATION GROUP



GUIDED MINDFULNESS MEDITATION TO START THE DAY

**Mondays** from 12 - 12:30 p.m.  
April 6 - May 18

**Wednesdays** from 7:30-8 a.m.  
April 1 - May 20

**Online via videoconference**

**Join the meeting at:** <https://zoom.us/j/2488985000>

or call (929)205-6099, ID 248 898 5000

Led by Ruth Lerman, M.D., MBSR Certified Teacher and  
Authorized Teacher Trainer and other mindfulness instructors



CLARITY • COMPASSION  
COURAGE • COMMUNITY

Free and open to all adults.

Attend any or all.

No registration required.

**FOR MORE INFORMATION:** visit [Beaumont.org/Mindfulness](http://Beaumont.org/Mindfulness)

**QUESTIONS:** call 947-522-1674 or email

[CenterForMindfulness@beaumont.org](mailto:CenterForMindfulness@beaumont.org)



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