

Stay balanced with Mindful Mondays

Mindful Mondays are monthly, no-cost classes designed to help you combat stress and build resilience.



Guided Walking Meditation

Are you looking for more energy? To relax and reduce stress? To take a break or have fun? To be physically active? If you answered yes to any of these questions, please join us for this guided session to experience the benefits of mindful walking.

Guided Meditation for Finding Peace

During this interactive demonstration, learn how basic meditation can help you find inner peace and more joy in your daily life.

Mindful Pauses Guided Meditation

A mindful pause is a gentle way to check in with your feelings and principles. The method can also help you make more thoughtful decisions. It's as simple as taking a deep breath and slowing down to identify what's going on inside yourself before taking the next step forward.

Guided Walking Meditation

Monday, July 8
12 – 1 p.m. ET

Guided Meditation for Finding Peace

Monday, August 12
12 – 1 p.m. ET

Mindful Pauses Guided Meditation

Monday, September 9
12 – 1 p.m. ET

REGISTER TODAY

bit.ly/3Y33fry