



Mindfulness & Meditation

An Introduction

Monday • 9/19/22 • 6:30 PM • Community Room

Join us for this enlightening talk and discussion. Brittany Hudson from Meditating Mama will explain meditation and mindfulness and all the benefits of the practices.

Brittany has been teaching mindfulness meditation for over 8 years and practicing for over 30 years.

Discover how
mindfulness &
meditation can
improve your life



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