



Mindfulness Presentation by Renee Jain



November 12th at 7 pm

Zoom ID: 437 535 6519

Zoom Password: pfagozen

Mindfulness is a type of meditation in which you focus on being intensely aware of what you're sensing and feeling in your body the moment, without interpretation or judgement. Practicing mindfulness involves breathing methods, guided imagery, and other practices to relax the body and mind and help reduce stress.

