

Meditation Fridays

Join us for an online guided meditation led by health promotion coordinator Megan Aronson. Each half-hour session begins at 12 noon ET.

Friday, May 5 – Gratitude Meditation

Friday, May 19 – Lake Meditation

Friday, June 2 – Yoga and Meditation

Friday, June 23 – Mindful Eating Meditation

Friday, July 7 – Counting Meditation

Friday, July 21 – Body Scan

Copy and paste this link to register
for the GoToWebinar sessions:

<https://attendee.gotowebinar.com/register/7199833410756413954>



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