



Life Skill Series

Mindfulness Meditation

Wednesday, March 27

Time: 7:00 – 8:00 pm

Location: Teaneck Creek Conservancy
20 Puffin Way, Teaneck NJ

Speaker: Jeri G. Kadison, MA CCP-SLP
Meditation/Naam Yoga Instructor

Register: Visit holyname.org/events
or call **201-833-3336**

Transition to spring! Put pep on your step! Look brighter and feel lighter as you learn the simple technique of Mindfulness Meditation- a spring cleaning for your mind, body, and soul. Be let in on the secret of how to combine gratitude and happiness with your Meditation Practice to look younger, boost immunity, reduce pain, increase vitality and well-being.

**HolyName**
Medical Center

