

## MINDFUL MONDAY



Mind Full, or Mindful?

**Time: 2:00PM**

**Zoom address:**

<https://us02web.zoom.us/j/88380029393>

**Telephone:** 1-646-876-9923

**Meeting ID:** 883 8002 9393

**Hosted By:** Dana & Debby

### SCHEDULED TOPICS

5/18 Positive Affirmations

6/1 Daily Reflections

6/8 Gratitude Jar

6/15 Mindful Eating

## WELLNESS WEDNESDAY

TAKE CARE



OF YOURSELF

**Time: 2:00PM**

**Zoom address:**

<https://us02web.zoom.us/j/82113319128>

**Telephone:** 1-646-876-9923

**Meeting ID:** 821 1331 9128

**Hosted by:** Georgiana & Janine

### SCHEDULED TOPICS

5/20 Something To Talk About

5/27 Self-Care Box

6/3 Random Acts of Kindness

6/10 Why is Mindfulness So Hard?

## FUN FRIDAY

It's  
**FRIDAY!**



**Time: 2:00PM**

**Zoom address:**

<https://us02web.zoom.us/j/88426043133>

**Telephone:** 1-646-876-9923

**Meeting ID:** 884 2604 3133

**Hosted by:** Anthony & Rich

### SCHEDULED TOPICS

5/22 Music and Mental Health

5/29 Coping Skills Fortunes

6/5 Mental Health Mad Libs

6/12 Mindfulness Exercise

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