



Mindful Meditation

With Eddy Alzheimer's Services

Wednesday, July 19th

11:00-11:30 am

Virtually via Zoom

A 30 minute practice featuring a brief discussion of benefits of a meditation practice and types of mindful practices. A 5 minute body scan meditation, and a 10 minute guided imagery exercise will be a part of the program.

This is a free program; however registration is required.
For more information, or to reserve your seat, please call (518) 238-4164.

Led by: Jackie Weckesser, LMSW, RYT-200

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the New York State Department of Health

 **Eddy Alzheimer's
Services**

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