



MENTAL STRENGTH TRAINING

**MEDITATION
&
MINDFULNESS**

THURSDAYS

6PM-7PM

MACOMB COMMUNITY COLLEGE

K BUILDING, ROOM 341

14500 E. TWELVE MILE RD

WARREN, MI 48088

Starting Thursday August 29
9/5, 9/12, 9/19, 9/26, 10/3

Registration is for all 6 sessions:

<https://app.acuityscheduling.com/schedule.php?owner=15675248&appointmentType=10069918>

Join Brandon Klein, Meditation Coach from WiseMindGentleSoul, for a 6-Session meditation workshop. These sessions will help you learn to relate to your thoughts in a new way and teach you skills to help reduce chronic pain, improve your sleep and relax. **Open to all veterans in the community.**

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