



THURSDAYS @ 6PM MENTAL STRENGTH TRAINING

Meditation Practice Group

Meditation helps to calm the mind, calm the body, reduce emotional reactivity, improve sleep, reduce awareness of pain and make you better looking (well...at least nicer).

ZOOM MEETING ID:
894 5407 7517

MEETING
PASSWORD:
213414

BRING A PEN &
PAPER!

FIND A
COMFORTABLE
PLACE TO PRACTICE

FOR EVERYONE
WHO WANTS TO BE
WITH PEOPLE AND
NOT TALK

MACOMB VET CENTER

Weekly Virtual Sessions

Zoom Meeting ID

894 5407 7517 Meeting
Password

213414