



Meditation

Mondays

Build a **healthy habit** and start the week off with the right mindset. Pop in **every Monday morning** and/or afternoon for a 15-minute guided live meditation. Mindfulness carries you through your day, week, and life.

Improves:

- focus
- clarity
- stress management

Habits take time to establish. While we recommend attending every week, it is not required. Drop in any time, whether morning, afternoon, or both. The same participation links recur from week to week. You may use this link without registration; however, if you would like to receive class reminders, please sign up.

Every Monday

Sign Up: [9:00 a.m. Meeting Registration - Zoom](#)
[3:00 p.m. Meeting Registration - Zoom](#)



www.pinellascounty.org/hr/wellness

7/22/22

