



Please join us via ZOOM on Mondays at 10am for Relaxation with Mindfulness, Gentle Movement and Music to reduce stress and anxiety to attain a higher state of well-being.

# Mindful Mornings

**Mondays 10-10:30am via Zoom**

**Sign up today to receive the Zoom link**

*Carole Brill leads us in Relaxation with Mindfulness, Gentle Movement and Music and other tools you can easily use on your own*

Mindfulness Meditation Includes:

Gentle Healing with Tai Chi like movements called Qigong

Breathing Meditation

Calming Music

**Location:**

Zoom from the comfort of Home

This program is free of charge.

For further info contact

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**www.rjfs.org**

**Register  
TODAY!**