

Discovering your own Wellness: Mindfulness Meet & Greet Event



This event will be **FREE** for participants!

We invite you to enjoy a ***45-min instructor-led mindfulness session*** curated for us physicians; learn about intention and how to improve your own wellness practice through the art of meditation

Sunday, **March 11th**, 2-3pm

Location: **MNDFL**
10 East 8th Street
New York, NY 10002

**Please note, this is a space-limited event and is funded by the New York Council on Child & Adolescent Psychiatry (NYCCAP)

RSVP is a MUST! Please RSVP to below email address to confirm your spot. If you cannot make the event please let us know at least 24 hours ahead of time so we can open spots to additional participants- Thank you for understanding 😊

RSVP: Jennifer.okeeffemd@gmail.com