

# ***FREE MMHG Wellness “Lunch & Learn” WEBINAR***

## **Meditation 101**



### **3 Opportunities to Participate:**

**Tuesday, May 7th**

**10:15– 11:00 AM**

**Or Wednesday, May 8th**

**12:15—1:00 PM**

**Or Thursday, May 9th**

**2:15– 3:00 PM**

This webinar teaches methods to calm the mind, improve focus, increase energy, and reduce stress and anxiety through various meditation practices, welcoming individuals of all backgrounds and beliefs.

**Learn  
about the  
relaxation  
response**

**Unlearn  
meditation  
myths**

**Practice  
meditation  
techniques**

**Click [HERE](#) to Register**

After registering you will receive a confirmation email containing important information about the webinar and how to join via your personal computer or mobile device.

**This webinar is free and open to all Mayflower Municipal Health Group (MMHG) member unit employees, retirees & dependents.**