

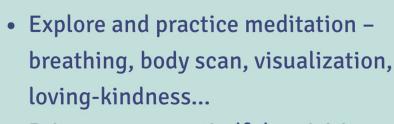




## MEDITATION







- Bring your own mindful activities
- Slow down, unwind and reset





Wednesday 12pm-1pm In-Person at Lincoln Center