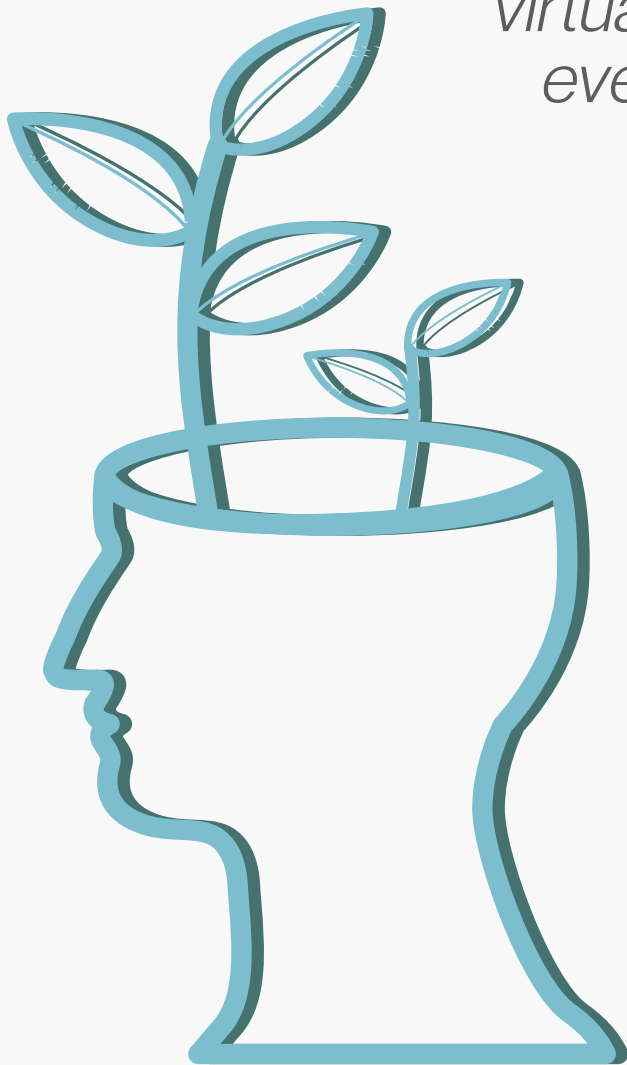




MONDAY MINDFULNESS EMPOWERMENT GROUPS

FACILITATED BY SHANTHI PROJECT FOR TURNING POINT OF LEHIGH VALLEY

*virtually from 6-7 PM EST
every 2nd Monday of the month*



Mindfulness
is the deliberate and
nonjudgmental practice
of bringing our attention
to the present moment.

This 60-minute program
provides mindfulness
tools for self-care and
resiliency. Designed with
the beginner in mind.



**INTERESTED IN
ATTENDING?**

*Please contact Turning Point's
24/7 Helpline at 610-437-3369
or visit www.turningpointlv.org.*

