

Center for Mindfulness

2024 WEEKLY ONLINE MEDITATION GROUP



GUIDED MINDFULNESS MEDITATION TO ENHANCE THE DAY

Mondays from noon to 12:30 p.m.
Led by Bharti Thakkar, CYT, MBA

Wednesdays from 7:30 to 8 a.m.
Led by Ruth Lerman, M.D.

Online via videoconference

Register: surveyMonkey.com/r/RQLHXFK



CLARITY OF MIND •
COMPASSION • COURAGE •
COMMUNITY

Free and open to all adults. Attend any or all.
Experienced and new practitioners welcome.



FOR MORE INFORMATION: visit Beaumont.org/Mindfulness

QUESTIONS: Email CHECenterForMindfulness@corewellhealth.org