

# Meditation with Marie Singer

## Thursday, April 2, 7:00 PM

Marie Singer, Social Worker and Life Coach, with a certification in mind/body medicine will be offering a Zoom to offer a tool to help cope and manage during these stressful times. Marie will guide everyone thru a 15-20-minute body scan meditation to calm anxiety and tension. Attendees can stay on the Zoom afterward to share feedback and engage in positive discussions. If you know someone who might be interested or in need of this exercise, please reach out to them and encourage them to join us. Dress comfortably, sign in maybe with your phone instead of computer so you can find a comfy place to do the meditation.