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Spring 2021

## Diversity and Inclusion\_Meditation Poster

University of Maine Office for Diversity and Inclusion

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# MINDFUL MONDAYS VIRTUAL DROP-IN MEDITATION

Try meditation to help with depressed mood, anxiety, improving your focus and coping with all the feels that come with Covid, isolation and the long winter.

You can drop-in from anywhere locally or across State lines.

**Mondays**

**3-3:30pm**

Join us no matter your experience level, begin where you are!

\*Begins February 1st\*



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Zoom Link: <https://maine.zoom.us/j/87039259850?pwd=NU1abjhrWEgwaFZLMmlFbHdsbkJ4dz09>  
Questions? Contact [Jessica.browne@maine.edu](mailto:Jessica.browne@maine.edu)