

# Mindfulness MEDITATION

**FALL 2020** Every Monday @ 12:00 Noon

Join our ZOOM Sessions from PC, Mac, Linux, iOS or Android:

<https://cccconfer.zoom.us/j/665808155?pwd=NmVNN0FuY3ppUm1WVfY3U01IUEhidz09>

*Phone options also available. Click on link for details.*

**Hosted by the AVC Counseling Center**

**Led by Counselor/Professor, Dr. De'Nean Coleman-Carew**

Contact [dcoleman@avc.edu](mailto:dcoleman@avc.edu) for the Zoom password.

