

Mindfulness MEDITATION

SPRING 2022 - Every Monday @ 12:00 Noon - 12:30

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

<https://avc.zoom.us/j/94695688284?pwd=aXR3cDBURE9XbFRJMNhWSnFIQWc5Zz09>

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 for the Zoom password.

