



MEDITATION MONDAY'S

Presented by Dr. Maria Nazarian

A weekly workshop designed to restore and heal your mind, cultivate awareness, kindness, compassion & joy. Come practice mindfulness exercises, learn about mindfulness-related concepts, and listen to a guided meditation.

Ever Monday!!

Starting September 25th- December 4th

@ 12:00PM -1:00PM at the Library Lawn

No registration required!



**STUDENT
HEALTH
SERVICES**

EL CAMINO COLLEGE

For more information or for accessibility-related questions
please contact SHS at 310-660-3643.