



MEDITATION MONDAYS

Spring 2012

DATES: 2/13, 2/27, 3/12, 3/26, 4/9 & 4/23
11:30AM & 12:30PM

(15/20 Minutes Sessions)

Jonas Boardroom, Metcalfe Hall, 2nd Floor

B.R.E.A.K. F.R.E.E.

Boost Resiliency, Enhance Academic-outcomes

KEY:

FOCUS, RELAX, EXERCISE & EATRIGHT
MENTAL HEALTH AWARENESS PROGRAM

Space is limited to confirm attendance contact:
Menachem “Mendy” Dubovick, Social Work Intern,
Mental Health Awareness Program
718-246-6456