



# THURSDAYS @ 6PM MENTAL STRENGTH TRAINING

## Meditation Practice Group

Meditation helps to calm the mind, calm the body, reduce emotional reactivity, improve sleep, reduce awareness of pain and make you better looking (well...at least nicer).

ZOOM MEETING ID:  
894 5407 7517

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MEETING  
PASSWORD:  
213414

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BRING A PEN &  
PAPER!

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FIND A  
COMFORTABLE  
PLACE TO PRACTICE

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FOR EVERYONE  
WHO WANTS TO BE  
WITH PEOPLE AND  
NOT TALK

## MACOMB VET CENTER

Weekly Virtual Sessions

Zoom Meeting ID

894 5407 7517 Meeting  
Password

213414