



San Francisco Senior Center

A Community Service of Sequoia LivingSM

Living Well, Aging Well

Meditation Monday

Mondays @ 2:00pm

1 hour

Phone: 1-628-212-0268

Conference ID: 272 984 411

Start the week with a mental health boost. This Monday 2:00pm program opens with time for all to reflect on this ongoing Shelter In Place order. We share our routines, our challenges, our ideas, and even our silver linings. Then we relax into a 10 – 15 minute meditation read by the group facilitator or a volunteer. All welcome.

To join, simply dial-in to the Group Call line phone number and use the Conference ID. No prior registration needed.

Contact Crystal Booth with questions or to learn more:

cbooth@sequoialiving.org

415-578-3556