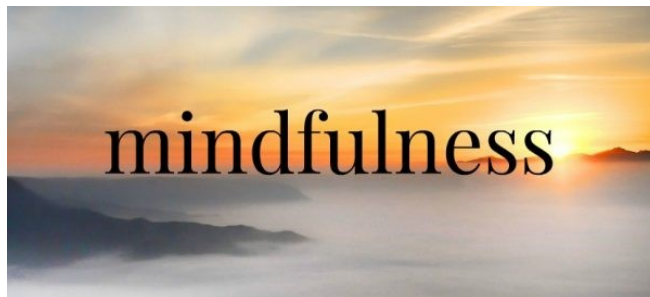


MINDFULNESS MEET UP

(tentatively scheduled for Tuesday or Friday at 4 PM)

This opportunity is open to everyone on a “come as you are able” basis.

**To receive an invitation to the weekly ½ hour sessions
please contact Susan Long at longs@neumann.edu .**



Background:

In Spring 2019, Susan Long and Sr. Pat Hutchison offered a program on *Mindfulness as a Gateway to Franciscan Contemplation*.

This program was well attended, and several participants and others have joined Susan each week for a *Mindfulness Meet Up*.