



**Interested in meditation but don't know where to start?**  
**Looking for a group of meditators to sit with?**

**Join the AVC Counseling Center for**  
**Mindfulness Meditation Sitting Group**

Meeting for a 30-minute meditation group each Monday of the Spring 2024 Semester

**Mondays at 12:30 p.m. via Zoom**

Mindfulness has been empirically proven to reduce stress, anxiety, depression, and pain. It has been shown to increase feelings of well-being, positive affect, and concentration.

Mindfulness means paying attention in a particular way, on purpose, in the present moment, non-judgmentally.



Join the Zoom Meeting:  
Meeting ID: 873 5394 5174  
Passcode: 222411

