



Strong Minds-fulness

WHAT

Free online mindfulness sessions to practice meditation techniques that can help manage stress.

WHEN

Fridays 3pm EST
(Starting May 15th)

WHERE

Register here:

<https://specialolympics.zoom.us/meeting/register/tJwkdemtqD8-jGdy2nMrXSHOD8rODjIw6Kgd8>

WHO

Created for Special Olympics athletes, but everyone is welcome.