

**Mahroo Multicultural Center LLC**  
**Winter Youth Program**  
**Announces  *IN PERSON***

***Learn Mindfulness***

***For Ages 14 - 19***

***Every Sunday @ 1pm - 2:30pm***

***January 7th, 14th, 21st, 28th, 2024***

***@ Zen Buddhist Temple, 206 E 63rd Street, NYC, 10065***



**Do you want to be mentally alert, physically healthy,  
emotionally secure, and socially competent?**

Youths have the opportunity to explore & share thoughts & feelings about their life journey in a safe space by journaling & meditating, which reduces mental distress & improves mental well-being.

**Try your one **FREE** session!**

**Please scan the QR code and choose your date, space is limited.**



For more info email [youth@mmcnyc.com](mailto:youth@mmcnyc.com)

Or call 646-420-6633

\$20 per session

