

*Mahroo Multicultural Center LLC*

**Announces**  **IN PERSON**

*Mindfulness Workshop*

*For Adults*

*Every Monday @ 6:30pm - 7:30pm*

*March 4th, 11th, 18th, 25th, 2024*

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



**Do you struggle with loneliness, Isolation, depression, anxiety,  
lack of motivation?**

Please join us to learn coping skills, explore how to improve your  
mental well-being.

Please scan the QR code or search the link address to choose  
your date, space is limited.

[Sign-up Link](#)

[Payment Link](#)



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

Or call 646-420-6633

\$20 per session

