

IN RECOGNITION OF *World Mental Health Day*

OCTOBER 17, 2024 @ 6:30PM ET

RECOVERY COMMUNITY CENTER - MIAMI
3408 NW 7TH AVE., MIAMI, FL 33127

FREE EVENT - In-Person & Zoom

BE *KIND* TO YOUR *MIND* MEDITATION

*In recognition of **World Mental Health Day**, let's come together in a shared space for a guided mindful meditation sit and reflection to promote mental well-being.*

This meditation is an invitation to take a pause, be present, and recognize the significance of mental health, both individually and collectively, so we may begin cultivating our capacity for a more balanced state of mind and build our inner resilience.

REGISTRATION REQUIRED



https://www.eventbrite.com/e/be-kind-to-your-mind-meditation-world-mental-health-day-tickets-1048153323807?aff=ebdsshothor&utm_share_source=listing_android



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Suggestion: Bring yoga mat and/or meditation cushion, if available