



**KORU**  
mindfulness

# Open your mind. Manage your stress.

Learn mindfulness & meditation.  
Join our 4 week class.



TAUGHT BY: **Sherry Ceperich**

WHEN: **Wednesdays, 4:15pm-5:30pm, Sept. 9th-30th**

WHERE: **Zoom link provided after registering**

TO REGISTER: **[Koru Mindful Path Fall 2020 signup](#)**

