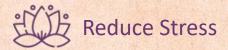
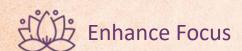


Guided Meditation Sessions







Monday - Friday Days:

Time: 4:30PM, 6:30PM

Duration: 5 to 20+ minutes

Location: Employee Wellness Center

Open to all JFKMC staff

Meditation-On-Demand also available

THE EMPLOYEE WELLNESS CENTER

561-548-3610 180 JFK Dr. Suite #350