



**Weill Cornell
Medicine**

**┌ NewYork-
└ Presbyterian**

Mindfulness Meditation

Building an Everyday Mindfulness Practice

with Mindfulness Educator
Cheri Fandozzi and Nurse
Practitioner Grace Damasco

Mindfulness is a powerful tool for **wellbeing**, but it isn't always easy to sustain—especially during times of stress or change. This 4-week class offers **practical guidance** for building and sustaining an everyday mindfulness practice, including how to work with common challenges like restlessness, low energy, and self-doubt. Through **guided meditation, reflection, and discussion**, participants will learn how to integrate mindfulness into daily life in a realistic and supportive way.

No prior meditation experience is required.

For more information and to register, email Mary Acosta at maa2337@med.cornell.edu.

nyp.org/integrativehealth



Wednesday Dates:

February 25,
March 4, 11, 18

Time: 4-5 pm, Virtual

We accept most insurances. Your insurance may cover the one-hour group session, but you will be responsible for a specialist co-payment per session. You will also be responsible if you have a deductible or co-insurance.