



**Weill Cornell  
Medicine**

**— NewYork-  
— Presbyterian**

# Mindfulness Meditation



## Loving Kindness Meditation:

Exploring the history, science, and practice of kindness

**with Mindfulness Educator  
Cheri Fandozzi and Nurse  
Practitioner Grace Damasco**

In this 4-week course, we'll explore the **ancient roots and modern science** of loving-kindness meditation, a practice for cultivating **greater kindness and compassion** toward ourselves and others.

Through guided meditation, discussion, and practical exercises, participants will learn how to bring this evidence-based practice into everyday life to **support well-being, connection, and resilience.**

**This class is suitable for both beginners and those looking to refresh or deepen their mindfulness practice.**

For more information and to register, email Mary Acosta at [maa2337@med.cornell.edu](mailto:maa2337@med.cornell.edu).

### Wednesday Dates:

October 14, 21, 28  
November 4

**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.*

**[nyp.org/integrativehealth](http://nyp.org/integrativehealth)**