



**Weill Cornell
Medicine**

**┌ NewYork-
└ Presbyterian**

Integrative Health & Wellbeing



Mindfulness & Meditation: Weekly Practice Group

Join Dr. Zach Mulvihill and mindfulness expert Cheri Fandozzi as they host the Integrative Health community every Thursday for varied mindfulness and meditation practices, along with time for reflection and Q&A.

Drop in any Thursday afternoon for this interactive program - bring your questions, learn about meditation, and practice with the community. All are welcome regardless of experience.

Thursday afternoons

Virtual, 4-5 pm

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.

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

nyp.org/integrativehealth