



**Weill Cornell**  
**Medicine**

**NewYork-  
Presbyterian**

## Mindfulness Meditation



### Mindfulness for the Season:

with Mindfulness Educator  
Cheri Fandozzi and Nurse  
Practitioner Grace Damasco

The **end of the year** can bring a unique mix of busyness, stress, disrupted routines, family dynamics, travel, and heightened expectations. In this four-week series, we'll explore **mindfulness-based practices and practical wellbeing strategies** to help you navigate the season with **greater steadiness, ease, and intention**—while cultivating gratitude, connection, and moments of joy along the way.

**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:

November 18 (skip 25),  
December 2, 9, 16

**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)**