



**Weill Cornell  
Medicine**

**┌ NewYork-  
└ Presbyterian**

## Mindfulness Meditation

### Mindfulness in Plain English

with Mindfulness Educator Cheri Fandozzi and Nurse Practitioner Grace Damasco

This 4-week course offers a practical **exploration of mindfulness meditation and everyday awareness**, inspired by the timeless and accessible teachings of the book *Mindfulness in Plain English*\*. Together, we'll explore **foundational practices and teachings** through guided meditation, reflection, and discussion. This class is suitable for **both beginners and those looking to refresh or deepen their mindfulness practice**.

\*Reading the book is completely optional and not required for participation, though those who are interested will receive information after registration on how access the book for free or purchase.

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

**Wednesday Dates:**

July 15, 22, 29, August 5

**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)**