

# Sharp Best Health

## *Mindfulness Drop-In Classes*



At each drop-in, we will meditate to calm the body and mind and practice mindfulness techniques to deal with the natural anxiety and worry that we all feel right now. No mindfulness experience necessary.

### **WEEKLY SESSIONS WITH BOB MCCLURE**

(Mindfulness and Compassion Training Teacher)

Tuesdays: 11:30 am- 12 pm, 12- 12:30 pm, and 12:30 - 1 pm

Wednesdays: 11:30 am- 12 pm, 12- 12:30 pm, and 12:30 - 1 pm

Thursdays: 8 am- 8:30 am

Thursdays: 11:30 am- 12 pm, 12- 12:30 pm, and 12:30 - 1 pm

Join Zoom Meeting Link

<https://zoom.us/j/3032290189>

Meeting ID: 303 229 0189

Call in on your phone: 1 (669) 9006833

### **WEEKLY SESSIONS WITH SUSAN KNIER**

(Mindfulness and Compassion Training Teacher)

Mondays: 10:00 am- 10:20 am, 10:30 am - 10:50 am

Wednesday mornings: 10:00 am- 10:20 am, 10:30 am - 10:50 am

Wednesday afternoons: 4:10 pm - 4:30 pm, 4:40 pm - 5:00 pm

Fridays: 10:00 am- 10:20 am, 10:30 am - 10:50 am

Join Zoom Meeting Link

<https://zoom.us/j/8831747081>

Meeting ID: 883 174 7081

Call in on your phone: 1 (669) 9006833