



# DAILY GUIDED MINDFULNESS MEDITATION

**Join colleagues  
from our region and across Nevada**

- Weekdays (M - F) in April (*Join when you can!*)
- 12:00 -12:15 Guided Meditation
- 12:15-12:30 Discussion

**[Click this Zoom link to join the meditation](#)**

## **Details:**

- *Guided meditation led by Ketra Gardner, PhD*
- *Meditations are appropriate for beginners or those with an established mindfulness practice*
- *Join any days you are available*
- *Stay for the share and discussion, or step out if needed*