

*every*

WEEKDAY

10:30AM

*for  
10 mins*



# Mindfulness Meditation

- \* health care workers*
- \* Students*
- \* Parents*
- \* Carers*
- \* Volunteers*

## Free sessions on zoom

Live, guided mindfulness sessions

**Beginners welcome!**

Release stress... Recharge... Clear... Calm... Connected...  
...a time to care for yourself.

Connect via Zoom app (please mute yourself on entry)  
or scan the QR code with your device.  
video not required, audio only.

care meditate  
Meeting ID: 457 060 6352  
pw: welcome

FOR MORE INFO:

[Sarah.bishop2@health.nsw.gov.au](mailto:Sarah.bishop2@health.nsw.gov.au)

SCAN ME

