

# **MINDFULNESS MATTERS MAINTENANCE: FREE HOLIDAY SESSION!**

**December 7, 14, and 21, 2020 from 7:00 to 8:15 pm EST**

**Alumni are invited to a **free Holiday Session**  
(three maintenance classes)  
designed to help strengthen your physical  
and mental resilience during the holidays.**



**Please register in advance at  
[team@neuronovacentre.com](mailto:team@neuronovacentre.com)**