



**Wellness Council**  
MONROE COMMUNITY COLLEGE

The African American Affinity Group (3AG) and  
the MCC Wellness Council Present:

## **The Art of Meditation**



**Meditation** is a practice wherein an individual uses a technique, such as focusing the mind on a particular object, thought or activity, to achieve a mentally clear and emotionally calm state.

Associate Professor Michael Britton, a member of the MCC Health and Physical Education Department, will conduct a short, 40-minute meditation session on:

**Wednesday, November 14, 2018**

**Noon – 1 p.m.**

**Downtown Campus Dance Studio, 2<sup>nd</sup> Floor, Room 250**

**This session is open to the MCC community!**

**No RSVP necessary.**