

**The African American Affinity Group (3AG) and  
MCC Wellness Council Present:  
The Art of Meditation**

**Meditation**

A practice where an individual uses a technique, such as focusing their mind on a particular object, thought or activity, to achieve a mentally clear and emotionally calm state.



**Facilitator:** Associate Professor Michael Britton (HPE)

**When:** Wednesday, March 4, 2020

**Time:** Noon – 12:45pm

**Where:** Downtown Campus, Dance Studio Rm 250

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