

**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, May 1, 2019

Time: Noon – 12:45pm

Where: Downtown Campus, Dance Studio Rm 250

This session is open to the MCC community!