

YOU DONT WANT TO MISS THIS!

MEDITATION MONDAYS

EVERY MONDAY,
12 PM TO 1 PM

STARTING
MONDAY,
JANUARY 29TH,
2024



AT THE WILDCAT FIELD HOUSE MULTIPURPOSE ROOM

No sign-up required
Open to students, faculty and staff

Learn to meditate and de-stress with
Catherine Cooney, LMT, RN, BSN

SUNY POLY
WELLNESS CENTER

(315) 792-7172
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#MEDITATIONMONDAYS