

# Franklin Lakes Community

RECREATION PARKS WELLNESS COMMUNITY



## Stress Reduction Mindfulness Meditation

[Click Here for ZOOM](#)

Password: **CONNECT6&7**



**Sundays - 10:00 AM (EDT) Meeting ID- 317-484-130**

**Tuesdays - 6:30 PM (EDT) Meeting ID - 181-650-626**

**Thursdays - 12:30 PM (EDT) Meeting ID - 498-788-300**

**Instructor/facilitator, Colleen Gallagher** - MBSR teacher trained through UMass Medical Center for Mindfulness founded by Jon Kabat-Zinn, Yoga Alliance Instructor, Certified Mindfulness and Meditation teacher, Trauma-Informed Social Worker, MSW/LSW  
[www.mindfulconnect.org](http://www.mindfulconnect.org)

**Franklin Lakes United Methodist Church** has supported Mindfulness meditation in the community for the past three years. With continued support and encouragement these secular Mindfulness practices are now expanded and offered to the wider community ONLINE to help support others in managing stress and anxiety during COVID-19  
[www.franklinlakesumc.org](http://www.franklinlakesumc.org)