

ReACH Psychiatry

MEDITATION SESSION

When we meditate, we inject far-reaching and long-lasting benefits into our lives. And bonus: you don't need any extra gear or an expensive membership.

Here are five reasons to meditate:

1. Understanding your pain
2. Lower your stress
3. Connect better
4. Improve focus
5. Reduce brain chatter



Join us Online for a relaxing and introspective
meditation Session

MONDAYS
5:00PM-6:00PM
VIA ZOOM