



"Feel Well- Heal Well Lounge"

Meditation for SELF CARE

A Weekly Forum for Healthcare Professionals

You have given your best ... it is now time to rest - even for a moment,
so you can continue to be at your best.

Destress ★ Be inspired ★ Recharge

SUNDAYS 8:00-8:45 pm (EST)

Registration: <https://tinyurl.com/yysbwult>

FOR MORE INFORMATION: Contact Dr. Kala Iyengar
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Point of Life Foundation
pointoflife.info

