

# Mind-Body Mental Fitness: Mindfulness Meditation Boot Camp

**Friday, Dec. 6 and Jan. 10**  
Fitness Forum, Support Site  
Noon-12:30 p.m.

The 30-minute session offers a brief introduction to meditation and mindfulness, followed by a practical mindfulness exercise and guided meditation.

**No registration is required.**

For more information, please call  
081-811-6528 | DSN 629-6528.

