

Introduction to Mindfulness Meditation for People with Aphasia



National
Aphasia
Association

A 7 week special program from the NAA

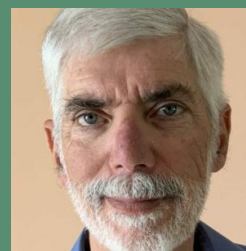
Most Thursdays in
January & February

January 11
January 18
January 25
February 1
February 15
February 22
February 29

8-8:50 am PST
11-11:50am EST



Seth Brunner
Instructor



NAA Board Member
Long time meditator

**No prior meditation
experience required**

These sessions include explanations of the principles of mindfulness meditation, guided meditations and discussion.



RSVP with an email to Seth:
seth@aphasia.org