



**Clear your head, feel
the flow, and relax**

ARISE Mindfulness Mondays

**Join ARISE on Zoom for
Meditation Mondays! We will
practice breathing techniques,
mindfulness exercises, and
quick meditations.**

Mondays at 11:00 AM

MEETING ID: 633 101 8254

PASSCODE: ARISE

OR [CLICK HERE](#) TO BE TAKEN TO ZOOM

**EMAIL US AT ARISE@NOCE.EDU FOR ANY
QUESTIONS**