



# MINDFULNESS

PRESENT MOMENT MEDITATION MINDFULNESS SEMINAR

**PRESENTER: KATHY BINDU HENNING**

*Founder of "Present Moment Meditation"*

*Balance your life.  
Enjoy peace, harmony, and well-being.  
Quiet your mind.  
Unplug. Unwind. Turn inward.  
Relieve stress and worry.  
Erase sadness.  
Enjoy rest.  
Discover inner peace and joy.  
Feel refreshed.  
Easy as 1, 2, 3.*

*Wednesday  
MARCH 27, 2019  
6:30 p.m.  
OCC Auburn Hills Campus  
F-Building, Room 123*

Co-sponsored by: Auburn Hills Counseling Department / Auburn Hills Diversity and Inclusion Committee / Auburn Hills Psychology Department



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