MINDFULNESS IN THE NEW YEAR

VNSNY hosts this presentation in recognition of the New Year

THURSDAY
JANUARY 20, 2022
2PM - 3PM

Don’t let your New Year’s resolutions fall to the back burner! Join us for a conversation about intention setting for the year, how to structure your goals, and how to hold yourself accountable so you don’t lose steam.

Click here or use the following link https://bit.ly/3p7SJQd to register for the presentation.
For more information contact communityco@vnsny.org