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# Mindful Meditation

Give yourself the gift of greater ease

## Tuesday afternoons

2 – 3:30

January 8 through

February 19, 2019

No class on February  
5th

Beginners welcome!

## For more details:

240-688-9099

[info@franzamore.com](mailto:info@franzamore.com)

## Class Location:

Fitness Generation

7809 Woodmont Ave.

Level C

Bethesda, MD



Finding peace within ourselves in a world where our fast-paced lives demand so much of our focus is a challenge. Explore, experience and practice guided meditation in this six-session class.

Fran Zamore, LCSW-C, is a clinical social worker and experienced student and teacher of mindfulness who delights in helping people find their way back to balance and ease through meditation. She looks forward to helping you discover new insights and experiences in this welcoming and supportive class.

The cost of the program is \$320, payable to Fitness Generation

**What would be different if you had more calm and peace in your everyday life?**