



## Mindfulness and Meditation Meeting

This group teaches mindfulness and self-care techniques to improve your wellbeing after bariatric surgery, such as recipes for lasting habit change, mental diet, routines for success, and more. Meetings will end with a five-minute meditation session.

**When:** 3<sup>rd</sup> Tuesdays of every month

**Time:** 7 p.m.

**Place:** Zoom Meeting  
<https://jefferson.zoom.us/j/93721786635>

For more information, contact Wellness Program Coordinator Cristy Polizzi at **609-707-7298** or [Cristin.Polizzi@jefferson.edu](mailto:Cristin.Polizzi@jefferson.edu).

*Disclaimer: Read our Zoom Terms of Service for Community Sessions at [JeffersonHealth.org/Zoom](https://jeffersonhealth.org/zoom).*