

Mindful Meditation Series 2022



Join Us For A Free Virtual Mindful Meditation Series!

PROGRAM DESCRIPTION

Join Rutgers Cancer Institute of New Jersey and The Elixir Fund for a free guided meditation series.

Meditation sessions will be hosted monthly on Tuesdays for 30 minutes via Zoom to help you relax, recharge and practice self-care.

You can sign-up for one or all of the sessions in this series!

All sessions will run from 12:00 p.m. to 12:30 p.m.

To learn more about The Elixir Fund, visit www.elixirfund.org

2022 PROGRAM DATES

TUESDAYS

12:00 p.m. – 12:30 p.m.

January 18

February 22

March 29

April 26

May 24

June 28

Sign up here!



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