

Montgomery County is excited to restart the Heartfulness Meditation program. The sessions will be held via Zoom and start **September 10th** and end on **November 12th, 2021**. They are offered **every Friday at 11.30 a.m.** for half an hour. The Zoom link is below.

[Zoom Link](#)

Meeting ID: 947 6134 4396



Passcode: 092856

Quickly add a weekly reminder to your calendar with the [iCalendar Reminder](#)

A promotional graphic for Heartfulness Meditation. The top left features the text "Heartfulness Meditation" in a large, bold, dark blue font, with "All County employees welcome" in a smaller font below it. The top right shows a woman meditating. The bottom right is a dark green box with white text: "EVERY FRIDAY AT 11:30 A.M.", "30 MINUTES", and "SEPT. 10 - NOV. 12, 2021".

**Heartfulness
Meditation**
All County employees welcome

EVERY FRIDAY
AT 11:30 A.M.

30 MINUTES

SEPT. 10 -
NOV. 12, 2021

Additional meditation sessions are available via Zoom at www.daytonheartfulness.org.

If you have questions, please contact **Uma Mullapudi** at dayton.oh@heartfulness.org .