

Meditation Under the Stars

2018 Fall Well-Being Program

Meditation is a great tool for managing stress, coping better with serious illness, and reducing anxiety and depression. Many people who practice mindfulness regularly report an increased ability to relax, a greater enthusiasm for life, and improved self-esteem. Join us through a sky tour followed by a guided meditation under the stars at the Suits-Bueche Planetarium at miSci, museum of innovation and science.

In partnership with:



**Wednesday,
December 5
5:30–6:30 pm**

miSci, Suites-Bueche Planetarium
15 Nott Terrace Heights
Schenectady, NY 12308

This program is free for all MVP members!

**Space is limited and
registration is required.**