

One day at a time ... Finding peace amidst the journey



Whether you or a loved one has or has had breast cancer, the experience can be overwhelming. Worry and uncertainty add additional stress, making difficult times even more challenging.

Learn gentle tools for staying peaceful, and present in the moment. Relax the body, mind and spirit. Enjoy quiet, soothing meditation.

Beneficial before, during and after treatment!

Saturday, May 30
9:30 - noon

\$20 Reserve your space today!

Experience the calming effects of Present Moment Meditation™ and its many benefits to health, happiness and well-being. Breathe easy, remain steady.



Turn inward
Let stress and tension fall away

Join us!



Pre-Registration required. Visit: LivinginthePresentMoment.com
For info email: kbhenning@myexcel.com 734-674-6965

Venue: Livonia Senior Center, 15218 Farmington Rd., Livonia
Check-in: 8:45-9:25 Please be in your seat ready to begin by 9:30

Treat yourself! Everyone welcome Chairs provided

Present Moment Meditation™ uses a light-hearted, practical approach that is inviting and beneficial for everyone!



Presented by Kathy Bindu Henning, a breast cancer survivor

Kathy Henning, founder of Present Moment Meditation™, has been practicing meditation for almost 40 years. She teaches Meditation at Schoolcraft College, Con't. Ed., and released a CD, "Living in the Present Moment: Everyday Tools & Practices."