

# Mindfulness Meditation Classes

with Erin LoPorto

**Mondays at 10:00 AM**

**8 weeks beginning September 13, 2021**

**Cost: Free– Register with zoom link below**

[https://actonma.zoom.us/webinar/register/WN\\_0zBVz\\_bfSuCgZwOJO\\_Ka3Q](https://actonma.zoom.us/webinar/register/WN_0zBVz_bfSuCgZwOJO_Ka3Q)



## *Mindfulness/Meditation*

If you're feeling extra anxiety or loneliness these days due to the pandemic, you're not alone. This time has us all facing more stress and uncertainty than usual. Meditation can be a pathway back to steadiness that is immeasurably helpful. Mindfulness meditation can reduce stress, relieve symptoms of anxiety and depression, and help you live a more present life.

Whether this is your first time meditating or you want to deepen your practice, join Erin LoPorto for this 8-week program.

Erin found her home in yoga and meditation when she was first introduced to the practices in 2001. She has experienced personal healing and transformation from the 8-limbed path and has been a full-time yoga teacher and yoga therapist since 2012. She is also a bodyworker, energy healer and life coach passionate about building and healing the mind-body connection. Erin brings a playful, intuitive and com-

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