



FLORIDA JUDICIAL
WELLNESS PROGRAM

WWW.FJWP.ORG

1-888-972-4040

Monthly Online Wellness Meeting FOR JUDGES

Tuesday
July 28, 2020

12:15 pm - 1:15 pm

A Moment of Mindfulness

Guest Speaker,

Cindy Blechman

"Mindfulness is a natural quality that we all have. It's available to us in every moment if we take the time to appreciate it. When we practice mindfulness we are practicing the art of creating space for ourselves—space to think, space to breathe, space between ourselves and our reactions."

Join Cindy Blechman for an hour of learning the art of mindfulness. She will chat with you, do- refreshing and relaxing activities with you , and give you tools you can take away with you. Cindy works as a Regional Sales Coordinator/Recruiter with Aflac, a very demanding and stressful much like our careers, but with skills she gained in her personal journey as a certified yoga instructor, she learned how to devote a lot of time to her personal growth and her own mindfulness initiatives and looks forward to sharing her time, experience and skills .

*Wear something
comfortable*



*Find a more q
more quiet space*

Let's talk about it!

Join the meeting from your computer, tablet or smartphone.

Via **Zoom** Meeting

<https://us02web.zoom.us/j/82575531041?pwd=TXM2YlBuTCTp05xa042WGJ1Q3JTdz09>

Meeting ID: 825 7553 1041

Password: 514291

or One tap mobile

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