



FLORIDA JUDICIAL  
WELLNESS PROGRAM

WWW.FJWP.ORG

1-888-972-4040

Monthly Online *Well Talk*  
FOR JUDGES

Tuesday  
November 24  
2020

12:15 pm - 1:15 pm

**MINDFULNESS**

*Guest Speaker,*

***Linda Melendez***

***Things are just different right now!*** That may be the only way to summarize what is happening in our world today, maybe both individually and collectively. Oh yeah, did we mention, here come the holidays and the stress they sometimes can bring. No worries,

**Judge Linda Melendez** is here to help! Not only does she serve on the bench in Miami-Dade County but she is also a Mindfulness Meditation Instructor. Join us as we take a moment to step back from it all and take time for what really matters.

Mindfulness



**Let's talk about it!**

Join the meeting from your computer, tablet or smartphone.

Via **ZOOM** Meeting

<https://us02web.zoom.us/j/82575531041?pwd=TXM2YlBuTCtPb05xa042WGJ1Q3JTdz09>

Meeting ID: 825 7553 1041

Password: 514291