

## Upcoming MMA Workshop: Mindfulness Meditation 2/8/23 at 6p



**From** Mayor's Mentoring Alliance <Mentoring@ci.charlotte.nc.us>  
**To** Mayor's Mentoring Alliance <Mentoring@ci.charlotte.nc.us>  
**Date** 2023-01-27 15:09

Good afternoon,

The Mayor's Mentoring Alliance (MMA) will be hosting a virtual workshop on Wednesday, February 8, 2023, from 6p – 7p titled, **Mindfulness Meditation for Mentors & Mentees**. See details below:

### **Mindfulness Meditation for Mentors & Mentees | Wednesday, February 8<sup>th</sup> from 6p-7p**

**Registration Link:** <https://www.eventbrite.com/e/mindfulness-meditation-workshop-for-mentors-mentees-tickets-526760012377>

The Mayor's Mentoring Alliance (MMA) invites mentors and mentees to join our Mindfulness Meditation (virtual) workshop led by Angela Gala. This workshop teaches the importance of meditation to help you focus, perform better, and renew yourself to find more joy to lead a positive life. Mentoring can require a lot of energy and we're here to help provide you with tips to prioritize self-care and stress reduction.

Best,  
Tiffany

### **Tiffany Johnson**

MAYOR'S MENTORING ALLIANCE (MMA) PROGRAM MANAGER | SOUTHEAST COMMUNITY ENGAGEMENT LIAISON

### **HOUSING & NEIGHBORHOOD SERVICES**

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