

Project Open – Lincoln Towers University – Fall 2017

Mindfulness Meditation: Learn to Relax and Think Clearly



Tuesdays: November 14, 21, 28 & December 5, 12 - 7:30-9:00 PM.

Location: 185 West End Ave, NY, NY – Community Room

Registration: For information about the syllabus and text, contact the instructor, Don Cornelius at dscorneliuslcsw@aol.com, if you do not have e-mail, phone our Registrar, Eleanora Von Dehsen, 212-875-0654, leave your name, phone number and the course name.

There is a \$10 registration fee, cash or a check made out to Project Open will be collected at the first meeting. Information about other courses offered by the LTU can be found at the Project Open web site.

<http://projectopenlincolntowers.org/lincolntowersuniversity.html>