

Miami-Dade Unit



“21 Days of Growth Through Meditation”

Presented by: Paty Hernandez, LCSW, MSW, MPH

Paty Hernandez will facilitate Deepak Chopra's 21 Day of Abundance through an online whatsapp group that's open to any person interested in participating. The only requirement is the dedication to meditate and journal daily for 21 days.

Paty will send you a task every morning for 21 days beginning on April 20th, which will include a video to the whatsapp group.

Please <https://chat.whatsapp.com/EJ1IeCVjyFF8GpSyAf3rrb> to join!
This is a free platform.

To register, go to www.naswfl.org/events.html.
Registration for the event will close on April 19th.