



The Circle of Life Coalition

Presents: Virtually and in Person

“Living the Gift of the Present Moment”

Presentation by: Sister Jean Jacobchik, OSF

Sr. Jacobchik is discussing present moment living and will be sharing the benefits of this practice. As we move beyond the pandemic, let us integrate new skills for our own well-being. We owe it to ourselves!



“The ability to be in the present moment is a major component of mental wellness.” Abraham Maslow

When: Thursday, April 7th, 2022

Time: 8:15 am – 9:15 am

In Person Presentations are back.

McGlinn Conference Center, 460 St. Bernardine Street, Reading PA 19607

Masks required if you cannot wear a mask plan to join us via zoom.

VIRTUAL ZOOM MEETING INFORMATION:

<https://us02web.zoom.us/j/83723915729?pwd=M3NPeW5VU3d3Rzh1aTZObjE4TlVXZz09>

Meeting ID: 837 2391 5729

Passcode: 542877

No RSVP required - The meeting is FREE and is open to the public.

THANK YOU to this month's generous sponsor: sudSSpirit

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You have the option to not share your video and/or change your username.