



RECHARGE YOUR INNER BATTERY  
**MEDITATION POWER BREAK**

INSTRUCTOR: LUNTHITA DUTHELY

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**DATES: APRIL 20 – MAY 18 – JUNE 22 – JULY 13 – AUGUST 10**  
**TIME: 12:30PM – 1:15PM**

UHEALTH FITNESS & WELLNESS CENTER  
INSTRUCTIONAL CLASSROOM A

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The UHealth Fitness & Wellness Center invites you to participate in this FREE Guided Meditation Class, designed to aid you in “establishing a clear focus and healthy discipline for the achievement of success and personal satisfaction”.

Mental Clarity, Enhanced Creativity, Inner Peace, Personal Satisfaction, Discipline

FOR MORE INFORMATION CONTACT: FRONT DESK @ (305) 243-7600