



PHYLLIS AND HARVEY SANDLER  
SCHOOL OF SOCIAL WORK  
College of Social Work and Criminal Justice  
Florida Atlantic University

ROBIN RUBIN CENTER FOR  
HAPPINESS & LIFE ENHANCEMENT

# FREE WEEKLY MEDITATIONS

presented online via Zoom

  
TUESDAYS

8:00AM-  
8:30AM  
**Morning Meditations**  
with Leah Parisian, LCSW

  
WEDNESDAYS

12:30PM-  
1:00PM  
**Mid-Day Meditations**  
with Ellen Rondina, LMSW

**"By taking care of myself,  
I have so much more  
to offer the world..."**  
- Ali Washington

  
FRIDAYS

NOON-  
12:30PM  
**Mid-Day Meditations**  
with Anna Anoufrieva,  
MBSR Qualified Teacher

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