



MINDFULNESS BINGO

By Jelane Kennedy, EdD, Faculty Member of the Counselor Education and Family Therapy Department

🕒 Wednesday May 6, 2026 | 1:30 - 2:30 PM

📍 Central Community Health Education Clinic
180 Paul Manafort Dr., New Britain, CT



▶ Add to your mindfulness tool kit and learn some simple, quick mindfulness techniques!

PRIZES AND SNACKS AVAILABLE!

Take a Break: Join us For...

- Fun, Interactive Bingo
- Mindfulness Tips
- Free Snacks & Prizes



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