## Type:
Sit-and-Share

**Venue:**
Online

**Days:**
Thursday

**Time:**
7:45pm - 9:15pm

**Other info:**
*Sit-and-Share* meetings are open to anyone wishing to live their life mindfully in harmony with the Five Universal Precepts.

*Sit-and-Share* peer-led meetings are an opportunity for individuals to come together to practice and cultivate calmness of mind and body and to develop and practice wise communication skills within a safe and supportive environment.

https://us02web.zoom.us/j/4537777699?pwd=eFFWQ2JOSXIVNGlzTGJUYWtHR1lxZz09

**Contact:**
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