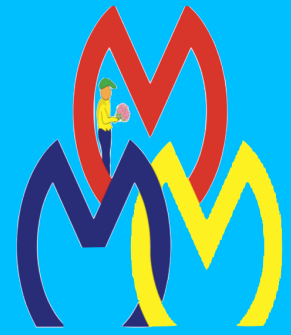


Meditations By Matthews Mindful Moment



It is always a good time to focus on intentions that can support our health, wellness and happiness. Matthews Mindful Moment has partnered with AFC fitness to bring you the opportunity not only to listen to the meditations in your home but to practice meditations at the AFC fitness center with Stacy Valenti in person every week.

When: Weekly at 11:30 beginning Friday November 2nd

Where: AFC Fitness 1040 Mill Creek Dr, Feasterville-Trevose, PA 19053

Want to learn more about meditation? We have included some of the benefits of meditation to boost, health, wellbeing, reduce anxiety and bring peacefulness into our lives below.

- Reduces Anxiety
- Lower your risk of Heart Disease
- Lowers Blood Pressure
- Reduces Chronic pain
- Improves the quality of sleep
- Increases memory
- Increases the ability to focus
- Reduces stress

Matthews Mindful Moment and AFC Fitness welcome you to utilize this free resource. outside of the class, just scan your phone on the QR code below or visit our website where you will find our library of meditation. Try one or all. This in person program is open to the public along with those with gym memberships

We cant wait to see you there!

Matthews Mindful Moment

