

## Free Community Meditation Sessions

### **Description of Proposed Intervention:**

In an effort to expand the coalition's offerings of mental wellness opportunities, we are proposing twice-monthly sessions where anyone in the Dexter-area community can practice mindfulness meditation at no cost. Sessions would be an hour in length, open to anyone 12 or older, and held in a public space such as the Dexter Library and/or Dexter Wellness Center. Sessions would be guided by leaders who are current employees of the Dexter Wellness Center and are experienced in both meditation and facilitation. Elements of each session may include guided meditation, silent meditation, and discussion/idea-sharing around a mindfulness topic. Sessions would begin in September 2018 and continue through the end of the plan year (March 2019).

### **Proposed budget for the 2018-2019 plan year:**

- Printing of handbills and other marketing tools: \$100
- Hosting of simple web page for SEO purposes (would also enable linkback from other organizations): \$150
- Facilitator time (planning/facilitation; includes salary & burden): \$950

**TOTAL: \$1200**