



**NEW VIRTUAL GROUP PRESENTED BY
SACHEM AND COMSEWOGUE LIBRARY**

RELAX AND CONNECT



This group will consist of various activities such as learning Mindfulness and breathing techniques, talking about and practicing self care and making new connections with each other.

Weekly on Thursdays at 2 pm

HOW TO JOIN

Join Zoom Meeting

<https://us02web.zoom.us/j/85682128751>

Meeting ID: 856 8212 8751

Or dial by your location +1 929 436 2866 US (New York)