

MINDFULNESS

“Give Yourself a gift of presence: Spend a mindful morning with guided meditation and inspiration”

DR. SANDRA COIFFMAN

**PRESENTS IN PERSON
STIRLING ROAD LIBRARY**

SUNDAY, AUGUST 7, 10:30 AM

Sandra holds a Doctorate Degree in Psychology and has worked as a clinical psychologist and an adjunct professor at Nova Southeastern University. She volunteers with several community organizations utilizing her vast array of experience. Sandra incorporates contemporary psychology, Eastern practices, and yoga in her meditation, wellness workshops and classes.



Looking forward to seeing you at the
Stirling Road Branch Library
3151 Stirling Road, Hollywood, 33312