



## *The Circle of Life Coalition*

*Presents: Virtually*  
**Setting Intentions- Breathe in the New Year**



Ms. Lisa Frank asks you to join us, from a comfortable space, to learn the health benefits of diaphragmatic breathing. She will also teach us how to use breathing techniques to set our intentions for our life's preferred story. Ms. Frank asks us to have a pen and paper handy for the presentation.

**WHEN: Thursday January 5<sup>th</sup> 2023, TIME: 12:00- 1:00 PM**  
**In Person Presentations – Are currently on hold, please join us via Zoom!**

### **VIRTUAL ZOOM MEETING INFORMATION:**

Join Zoom Meeting

<https://us02web.zoom.us/j/88442757160?pwd=eUhPQ21QYzdORXQzMkUxc0orYXZidz09>

Meeting ID: 884 4275 7160

Passcode: 055756

If you are interested in learning of the benefits of being a presentation sponsor for this, or any other presentation, please e-mail [dln90486@gmail.com](mailto:dln90486@gmail.com) Subject: Sponsorship  
Thank you to this month's anonymous Sponsor.

**Save the Date: February 2<sup>nd</sup> 12:00-1:00PM: "Friends of Lebanon County Cemetery."**

Programs presented by the Circle of Life Coalition do not necessarily reflect the opinions of the individual members of the Coalition. Our programs are recorded for future playback, through but not limited to, social media our website and our YouTube channel.  
You have the option to not share your video and/or change your username if attending via Zoom.