



# Monday Morning Moments

*with Moira*

Mondays, June 1, 8, 15, 22, 2020

10:00 am

Your home, office, outside, cabin, wherever you are....

***Moira Kneer lives in Eau Claire, WI and is a retired chaplain, presenter, author and family caregiver.***

Join Moira every Monday morning for inspiration, encouragement, and motivation to get your week off to a good start! Topics include:

- Staying Positive
- Battling Loneliness
- Embracing Change
- Kindness and Connecting
- Meditation and Grounding
- And More!

Register online for each Monday session you wish to attend at [www.adrcevents.org](http://www.adrcevents.org) or call the Aging & Disability Resource Center at 715-839-4735.

Once registered, you will receive an email prior to the event with information on how to join the webinar and/or conference call.

