

MEDITATION AND MINDFULNESS

1. Champions will schedule a session with Michelle Carolan like normal.
2. Be sure you have the budget to cover the fees of this program.
3. The vendor will send an invoice to the district wellness team. The district wellness team will handle the payment process.
4. The district team will then deduct the champions budget to cover the cost.

Name: Michelle Carolan

Number: (727) 773-6738

E-mail: mcarolan7@gmail.com

Service: Guided Meditation, Relaxation Techniques and Meditation Minutes

Time: 30-45 minutes

Area covered: All Pinellas County

Cost: \$150 for in-person or Virtual options

Vendor #: 39141

