

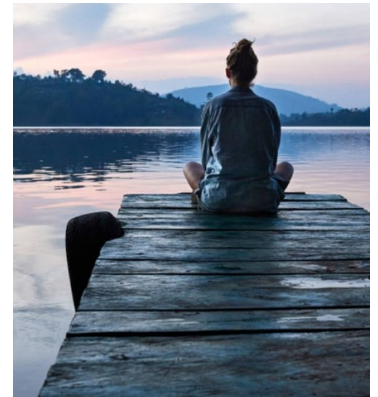


Meditation & Mindfulness

To Reduce Stress

Tuesdays at 6:45 pm
Begins September 14th

WHAT: Explore modern meditation and mindfulness practices with our volunteer, a certified Meditation and Mindfulness teacher



WHEN: Tuesdays from 6:45—8:15 pm
Class starts at 7pm SHARP
Due to the quiet nature of meditation, latecomers may not be admitted

September 14—October 19, 2021

WHERE: Online through Zoom
Details will be sent to your email so you can join the sessions

FREE & Open to Everyone in the Community!

Facilitated by BQWCHC Volunteers

ADVANCE REGISTRATION REQUIRED

For more information or to register, please call **343-645-6429**

Note: Group programs may be cancelled with short notice due to COVID-19



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