

GUIDED MEDITATION GROUP

COMMUNITY PROGRAM

Feeling anxious? Trouble sleeping?

Struggling with emotions?

Join our FREE Guided Meditation Group to learn how to use breathwork, body scanning and guided imagery to promote health and well being.



Date: Every Friday from October 18 - Dec 13, 2024

Time: 2:00 - 3:00 pm

Location: Merrickville Public Library, 446 Main St West

No registration required. For info call 613-269-3400



Rideau Community
Health Services

Your Community Health Centre

RCHS funding is provided by Ontario Health - East Region, the Ontario Ministry of Children, Community and Social Services and by the communities and people we serve.