

# MEDITATION GROUP

## COMMUNITY PROGRAMS

Join us for a six-week, guided meditation group to support relaxation and emotional wellness.



**When:** Fridays From Sept 9 - Oct 14, 2022

**Time:** 2:00-3:00 pm

**Location:** Merrickville Library Meeting Room

To register, call Rideau Community Health Services at 613-269-3400, leave your contact details with the Merrickville Librarian, or register online at [RideauCHS.ca](http://RideauCHS.ca)



Rideau Community  
Health Services

Your Community Health Centre

RGHS 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.