

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



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.