

MEDITATION GROUP

COMMUNITY PROGRAMS

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



When: Fridays Nov 4 - Dec 16, 2022

Time: 2:00 pm

Location: **Merrickville Library**

This will be an open group, which means no registration is required and it's on a first come first serve basis with seating capped at 10.



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.