

# MEDITATION GROUP

## COMMUNITY PROGRAMS

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



**When:** Thursdays Nov 10—Dec 1, 2022

**Time:** 1:00-2:00 pm

**Location:** Perth and District Union Library  
30 Herriott Street in Perth

**To Register:** Please call 613-283-1952 x286



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.