



Rideau Community
Health Services

Your Community Health Centre

MEDITATION

WELLNESS COMMUNITY PROGRAM

Feeling anxious? Trouble sleeping? Struggling with emotions?

Join our **FREE, DROP-IN** guided meditation group to learn how to use breathwork, body scanning and guided imagery to promote health and wellbeing.



DATES: Every Friday starting January 12 to June 14, 2024

TIMES: 2:00 - 3:00 p.m.

LOCATION: Merrickville Public Library

**NO REGISTRATION REQUIRED!
DROP IN - EVERYONE WELCOME!
FOR INFO CALL 613-269-3400**