



Fall in LOVE
With taking care
Of Yourself



Have you tried
MEDITATION?



Are you ready to love yourself? What if you could experience improved mood, concentration, memory, self-awareness, health, sleep, and take control of your stress? Join us for weekly meditation -breathing techniques, guided imagery, progressive muscle relaxation, light movement, and more. (Must be 18 years old +)

Richard Hall CHWC
500 N Bridge St,
Bridgewater, NJ 08807
MONDAYS 4-5p
Wellness Room
To join: call Marta Pisano
908-253-3105