



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 +)

Fall in love
with
taking care of yourself!



Have
YOU
tried
MEDITATION?

Richard Hall CHWC
500 N Bridge St,
Bridgewater, NJ 08807
NEW DAY- TUESDAYS
11:30am-12:30pm
Wellness Room
To join: call Marta
908-253-3105