

# MEDITATION

## COMMUNITY PROGRAM

**Feeling anxious? Trouble sleeping?**

**Struggling with emotions?**

Join our free, guided meditation group to learn how to use breathwork, body scanning and guided imagery to promote health and well being.



**Date:** Fridays, September 11 - December 18, 2026

**Time:** 2:00pm - 3:00pm

**Location:** Merrickville Public Library, 446 Main St, Merrickville

**DROP IN GROUP**  
**No Registration Required**



Rideau Community  
Health Services