

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

CALL TO REGISTER
613-269-3400 EXT. 233



Rideau Community
Health Services