

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, Sept 12—Dec 19, 2025
Time: 2:00-3:00pm
Location: Merrickville Public Library

No registration required. For info call 613-269-3400 ext 233



Rideau Community
Health Services

Your Community Health Centre

RCBS funding is provided by Ontario Health - East Region, the Ontario Ministry of Children, Community and Social Services and by the communities and people we serve.