

# 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, January 9 - June 19, 2026

**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.