

MEDITATION GROUP

COMMUNITY PROGRAMS

Join us for a six-week, guided meditation group to support relaxation and emotional wellness.



When: Thursdays, Mar 30—May 4, 2023

Time: 1:00-2:00 pm

Location: Perth and District Union Library
30 Herriott Street in Perth

To Register: Please call 613-283-1952 x286



Rideau Community
Health Services

Your Community Health Centre



RGHS 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.