

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: Tuesdays, October 6 - December 15, 2026

Time: 2:00pm - 3:00pm

Location: Smiths Falls Site, 2 Gould St, Unit 118

CALL TO REGISTER
613-269-3400 EXT. 233



Rideau Community
Health Services