

MEDITATION GROUP

COMMUNITY PROGRAMS

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



When: Fridays From June 3-24, 2022
Time: 2:00-3:00 pm
Location: Merrickville Library Meeting Room

To register, call Rideau Community Health Services at 613-269-3400, or leave your contact details with the Merrickville Librarian.



Rideau Community
Health Services

Your Community Health Centre

RCHS 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.