COMMUNITY MEDITATION AROUND THE TOWN

Every Tuesday beginning February 18th - March 31st

Civic Park Health and Wellness House
5:30 pm - 6:30 pm

Learn stress reducing techniques, as well as, establish healthy habits that aim to support your mental health.

Whether you are looking for something to do with friends, a way to unwind after work or class, learn a new skill or just practice, Community Meditation has something to offer everyone.

Mindfulness supports health & well-being for all!

To register visit Crim.org/Mindfulness or call 810.235.3396