

COME JOIN AND DE-STRESS WITH GRACE ...

**In this 6 week course of
Mindful Meditation and Breathing**



Date: Wednesdays

February 26, 2020

March 4, 11, 18, 25, 2020

April 1, 2020

Time: 10:00 am - 11:15 am

**This program is made possible, in part, by a
2019 HEART (History, Education, Arts Reaching Thousands) Grant
from the Union County Board of Chosen Freeholders.**

Josephine's Place, 622 Elizabeth Ave., Elizabeth, NJ 07206

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