



Meditation classes for Stress Reduction



When: Second Monday of the Month

Time: 5:30 pm to 6:30 pm promptly

Where:  **HEALTHaware**[™] office lobby
168 N. Brent Street
3rd floor, Outpatient Radiology
Ventura, 93003

Cost: No charge for  **HEALTHaware**[™]
participants *or* CMH employees

Instructor: Diana Castellanos, CST, LMT, Reiki Master

Call:  **HEALTHaware**[™] at CMH for registration
(805) 824-2614, seating is limited for  **HEALTHaware**.participants only.
To join HEALTHaware, take the online cardiac risk assessment test
at www.cmhshealth.org/heartaware and call for an appt.

