



MINDFULNESS MEDITATION

Every Wednesday pm & Saturday am

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

Saturday: 10:30am to 11:30 am

Location: Healthaware office

2580 east main st, suite 103

Cost: Complimentary for all

Instructor: Melanie

Questions? Call Healthaware at (805) 667-2818

e-mail: Mgingerich@cmhshealth.org

Wellness & Fitness Center



Community Memorial Health System