

GUIDED MEDITATION



*Join us for a group guided meditation
to aid in reduction of stress and anxiety,
and to increase relaxation and mindfulness*

TIME
5:30 - 6:30 PM

2018/2019 SCHEDULE:

(FREE TO THE COMMUNITY)

NOVEMBER 8TH

DECEMBER 6TH

JANUARY 3RD

FEBRUARY 7TH

MARCH 7TH

APRIL 4TH

CONTACT

JORDYN LICURGO
(410) 535-3079 x49
OR
THERESA TINSLEY
(240) 466-4441

FOR MORE INFORMATION

LOCATED AT:

CALVERT COUNTY BEHAVIORAL HEALTH
280 STAFFORD RD
BARSTOW, MD 20610



CALVERT COUNTY
HEALTH
DEPARTMENT



**Recovery
Support**

Calvert County Behavioral Health