

ONLINE GUIDED MEDITATION CLASS

MEDITATION IS AN EASY AND ACCESSIBLE ACTIVITY TO IMPROVE PHYSICAL AND MENTAL WELL-BEING. THIS COURSE IS APPROPRIATE FOR ALL AGES BUT WITH A PARTICULAR FOCUS ON THE ANTI-AGING AFFECTS OF MEDITATION AND MINDFULNESS PRACTICE.

WHEN: WEDNESDAYS 2:00 PM - 3:00 PM

WHERE: ZOOM PLATFORM

**COST: \$6 PER CLASS - MONTHLY REGISTRATION
REQUIRED
\$10 ANNUAL MEMBERSHIP FEE**

**FOR MORE INFORMATION, PLEASE CONTACT
604 736 3588 EXT 604 OR SENIORSINFO@KITSHOUSE.ORG**