



“Healing Through Breathing, Movement, & Meditation”



To start the New Year with health and joy, join us for chair yoga and guided meditation with Health Psychologist and Nurse Practitioner, Dr. Sunny.



When: Fridays: January 6th & 20th
February 3rd & 17th
March 3rd, 17th & 31st
9:30am-10:30am

Where: The HUB Community Room
236 Monterey Street, Salinas

To register, call 831.646.4931 or 831.646.5050

*****Bus Passes and Taxi Vouchers available, if transportation is an issue please ask about them when you call to register.**

*This activity is made possible through the generosity of Hospice Giving Foundation.

