



# “Healing Through Breathing, Movement, & Meditation”



To start the New Year with health and joy, join us for chair yoga and guided meditation. Not too late to join!

**When:** Fridays: March 3rd, 17th & 31st  
9:30am-10:30am

**Where:** The HUB Community Room  
236 Monterey Street, Salinas

**\*\*\*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.

