



*Quiet the Mind...
Relax the Body....
MEDITATION.....*

Meditation Awareness

Register today!

Reference#146353

Quiet the mind, relax and relieve stress with this meditation class. You will learn what meditation is and how it relates to the mind body connection. Find out what positive effects meditation can have on your health and well being. You will be taught how to quiet the mind, have more self control and relax and relieve stress using meditation.

www.palmbeachstate.edu/Boomers.xml

Wednesday Evenings

Date: July 7 – July 21

Time: 6pm – 8pm

Cost: \$49

Reference #: 146353

Register Online Today!

www.palmbeachstate.edu/cceregistration.xml

For more information call: 561-862-4735

