

Mindfulness Meditation & Aging (55+)

**FREE Five-Week Series
(Summer 2018)**

Learn about mindfulness meditation and its benefits for the body, mind and the aging process.

Beginners and Experienced individuals are welcome.

Wednesdays,
Aug. 1 – Aug. 29, 2 – 3 p.m.

Beach Cities Health District -
Beach Cities Room (lower level)
514 N. Prospect Ave.
Redondo Beach

Facilitators: Shiori Lange &
Tiana Rideout

Registration is required

Call (310) 374-3426, x139 or email
tiana.rideout@bchd.org to register.

