

# Meditation



For beginners, no experience necessary



**Location:** Hawkesbury Leisure and Learning Centre.  
114 March Street, Richmond.

**Time and Date:** 10:30am-12:30pm. Running every Friday,  
during school terms only.

**Start Date:** Term 1 for 2024 - Friday the 9th of February.

For Women of all ages. This guided meditation group offers women a weekly opportunity to safely connect with others and to help rebuild social and emotional support networks & friendships, to help reduce stress, improve sleep and overall wellbeing

For more information and to register interest. Please call 02 4578 4190



Free Childcare and refreshments provided. Bookings needed for childcare.

"This activity is supported by Nepean Blue Mountains Primary Health Network (NBMPHN), as part of Australian Government's response to the 2022 floods. Wentworth Healthcare is the provider of NBMPHN".