

# Virtual



# Guided Meditation

**Complement your path to health and wellness.**

**Learn to relax your mind and body through guided meditation.**

**Benefits may include reducing stress, improving your breathing, helping the healing process, and finding calm and balance in your life.**

**Join us via Zoom Fridays at 10:00 am with instructor Susannah Edwards. All are welcome.**

**To register, please send an email to  
Loretta Fernandes-Heaslip at  
[lfheaslip@brockchc.ca](mailto:lfheaslip@brockchc.ca).**

**Questions? Call 705.432.3322.**