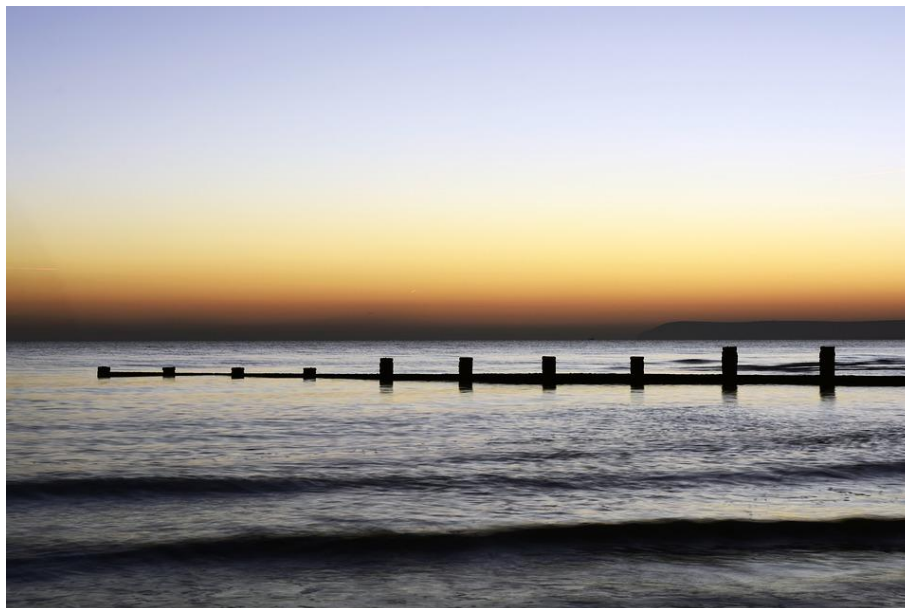


# Meditation 2019



<b>February</b>	07 February 10.30 am – 11.30 am 21 February 10.30 am – 11.30 am
<b>March</b>	07 March 10.30 am – 11.30 am 21 March 10.30 am – 11.30 am
<b>April</b>	04 April 10.30 am – 11.30 am 18 April 10.30 am – 11.30 am
<b>May</b>	02 May 10.30 am – 11.30 am 16 May 10.30 am – 11.30 am 30 May 10.30 am – 11.30 am
<b>June</b>	06 June 10.30 am – 11.30 am 20 June 10.30 am – 11.30 am
<b>July</b>	04 July 10.30 am – 11.30 am 18 July 10.30 am – 11.30 am



## What's on:

We welcome you, your family and whanau to join us in learning meditation techniques that can become a part of your daily routine and support you in the ways you approach your own health and wellness. These sessions are held fortnightly on a Thursday.

## Where:

Cancer Society Centre,  
97 Fitzgerald Avenue, Christchurch.  
Parking is available in front of building and in surrounding streets.

## RSVP/Book Now:

03 379 5835 or [groups@cancercwc.org.nz](mailto:groups@cancercwc.org.nz)