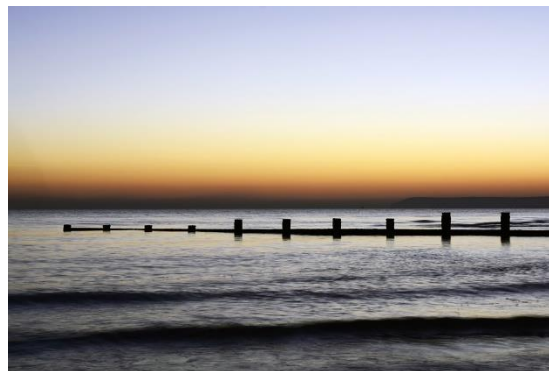


Meditation 2019



September	5 th September 10.30 am – 11.30 am 19 th September 10.30 am – 11.30 am
October	3 rd October 10.30 am – 11.30 am 17 th October 10.30 am – 11.30 am
November	14 th November 10.30 am – 11.30 am 28 th November 10.30 am – 11.30 am
December	12 th December 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