

CAMDEN COUNTY BOARD OF COMMISSIONERS PRESENTS:

# MEDITATION

& HEALTHY LIFESTYLES

FREE CLASSES FOR CAMDEN COUNTY SENIORS 55 & OLDER

>>>SEE OVER FOR DATES/TIMES/LOCATIONS>>>

**FOR YOUR NEWS & EVENTS**  
**THE BOARD OF COMMISSIONERS**

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CamdenCountyNJ

# FREE ONLINE MEDITATION CLASSES FOR AGES 55+

This class is designed for those individuals who feel overwhelmed with the anxiety and stress of everyday life, or those who battle with stress-related disorders. Bring harmony into your life! Create awareness methods to diminish stress & create balance for yourself.

Find the secret to:

- Building a resiliency against stress
- Discovering techniques you can use to interrupt the stress cycle and initiate the relaxation response
- Decreasing your heart rate and lowering your blood pressure
- Stretching the tension out of your muscles
- Learning an important tool you can use to calm yourself in any situation, including panic attacks

As class sizes are limited, (25 per class) please choose your slot today.

Registration is on a first come, first served, basis. You **MUST** be a Camden county resident to participate.

Due to COVID restrictions, proper mask wearing, cleaning, disinfecting, & social distancing **MUST** be followed at the Cherry Hill in person classes. Should you have any questions, or require additional information, please contact Tom Castellano by email, [Tom.Castellano@camdencounty.com](mailto:Tom.Castellano@camdencounty.com), or phone, **(856) 858-2986**.

Gloucester Township:  
Classes held online via Zoom -  
[jporter@glotwp.com](mailto:jporter@glotwp.com) OR (856) 435-5734

Cherry Hill:  
Arts Center @ Croft Farm  
100 Bortons Mill Road  
Cherry Hill, NJ  
Email: [recreation@chnj.gov](mailto:recreation@chnj.gov)  
Phone: (856) 488-7868

Register online:

<https://register.capturepoint.com/cherryhill>

VENUES:

**GLOUCESTER TWP.**  
(online - via ZOOM)

**CHERRY HILL**  
(in person)

## SENIOR MEDITATION GLOUCESTER TWP.

Wednesday, 3/30 - 11 am

Wednesday, 4/13 - 11 am

Wednesday, 4/27 - 11 am

Wednesday, 5/11 - 11 am

Wednesday, 5/25 - 11 am

## SENIOR MEDITATION CHERRY HILL

Wednesday, 3/30 - 1 pm

Wednesday, 4/13 - 1 pm

\*Thursday, 4/21 \* - 1 pm

Wednesday, 5/11 - 1 pm

Wednesday, 5/25 - 1 pm