

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**, or phone, **(856) 858-2986**.

Gloucester Township:
Classes held online via Zoom -
iporter@glotwp.com OR (856) 435-5734

Cherry Hill:
Cherry Hill Municipal Bldg.,
820 Mercer Street, Rm. 208
Email: **recreation@chnj.gov**
Phone: **(856) 488-7868**
Register online:
<https://register.capturepoint.com/cherryhill>

VENUES:

GLOUCESTER TWP.
(in person)

CHERRY HILL
(in person)

SENIOR MEDITATION GLOUCESTER TWP.

Wednesday, 9/21 - 11 am
Wednesday, 10/12 - 11 am
Wednesday, 10/26 - 11 am
Wednesday, 11/09 - 11 am
Wednesday, 11/23 - 11 am

SENIOR MEDITATION CHERRY HILL

Wednesday, 9/21 - 1 pm
Wednesday, 10/12 - 1 pm
Wednesday, 10/26 - 1 pm
Wednesday, 11/09 - 1 pm
Wednesday, 11/23* - 11 am