

CAMDEN COUNTY BOARD OF FREEHOLDERS PRESENTS:

# MEDITATION

FREE **ONLINE** CLASSES FOR CAMDEN COUNTY SENIORS 55 & OLDER

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

FOR YOUR NEWS & EVENTS  
THE BOARD OF FREEHOLDERS

camdencountynj



CamdenCounty.com

# FREE ONLINE MEDITATION CLASSES FOR AGES 55+

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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. Come as you are, have a sturdy, armless straight back chair all, in the safety and comfort of your own home, on-line with ZOOM!

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.

To participate, you must be a Camden County Senior Citizen aged 55+

To register for Gloucester Twp. classes  
contact Diane Jones, (856) 435-5734  
and/or [recdept@glotwp.com](mailto:recdept@glotwp.com)

To register for Cherry Hill classes  
contact (856) 488-7868 and/or  
[recreation@chtownship.com](mailto:recreation@chtownship.com)

## GLOUCESTER TWP.

### SENIOR MEDITATION GLOUCESTER TWP.

Wednesday, 9/23 - 11am

Wednesday, 10/7 - 11am

Wednesday, 10/21 - 11am

Wednesday, 11/4 - 11am

Wednesday, 11/18 - 11am

## CHERRY HILL

### SENIOR MEDITATION CHERRY HILL

Wednesday, 9/23 - 1pm

Wednesday, 10/7 - 1pm

Wednesday, 10/21 - 1pm

Wednesday, 11/4 - 1pm

Wednesday, 11/18 - 1pm