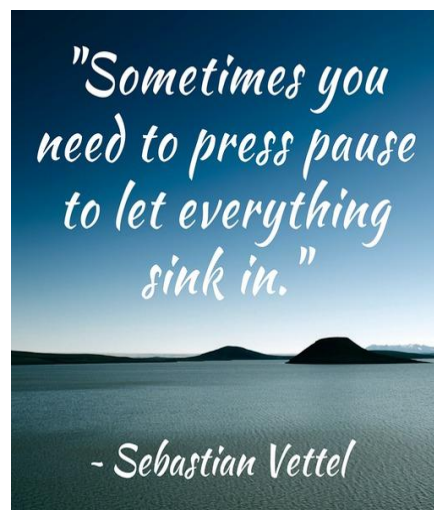


HITTING THE PAUSE BUTTON



Beginning Wednesday, October 18th

Guided Meditation as a stress reduction tool to help you focus on what really matters most in life!

We will be exploring different Meditation Techniques to help restore Clarity and Serenity in our daily lives!

In this five week series *Cape Cod Municipal Health Group Members* will practice various forms of meditation including:

- sit-stand-move
- slow walking
- guided imagery
- breath-work
- silence and music
- movement and stillness

This workshop series takes place on Wednesday evenings at 5PM beginning October 18th at the Cape Light Compact Building, 261 Whites Path, Unit #4, South Yarmouth and is open to all CCMHG members! (Please be sure to park in the back lots and use the Compact entrance)

You must register for this class. [Register Here](#) or paste this link in your web browser: <http://signup.com/go/pcVxqXn>

Comfortable clothing is recommended (does not need to be gym clothing, just loose fitting) so not to distract you from the practice.

Attendance at this entire workshop series will award you 30 points on the Wellness Portal!