



45 S Park, STE 200  
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Life Care Wellness

# Free Meditation Circle

Please join us the second Saturday of each month starting this November for a free meditation circle, headed by our resident Mindfulness Based Therapist Codie Surratt, LPC.

Whether a beginner, just curious, or an advanced practitioner, this meditation circle will be a gentle way to start your day and get grounded for your month to come.

8:30 AM to 9:30 AM the Second Saturday of each month.  
Donations are always welcome.

