

MCPS Well Aware presents:

Meditation and RELAXATION

JOIN WELL AWARE for a seminar/webinar that reviews the history of meditation, different relaxation techniques, and the benefits of regular exercise.

- **THURSDAY, JANUARY 17, 2019**
10:00–11:00 a.m.
Shady Grove Bus Depot
16651 Crabbs Branch Way
Rockville, Maryland 20855
- **THURSDAY, JANUARY 17, 2019**
4:00–5:00 p.m.
Webinar
- **WEDNESDAY, JANUARY 23, 2019**
10:00–11:00 a.m.
West Farm Bus Depot
11920 Bournefield Way
Silver Spring, Maryland 20904

PLEASE REGISTER
for the webinar by e-mailing
Well Aware. If you register for
the webinar, you will receive a link
in your Outlook e-mail as well as
an Outlook calendar reminder.

