



Stress Care Practice

Hau'pal (Red Tail Hawk) Health Center Life Center Conference Room

MONDAY: MEDITATION

Sessions Begin Promptly at 9:30 AM

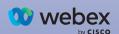
FRIDAY: MEDITATION

Sessions Begin Promptly at 12:00 PM



Learn how to meditate and practice a 10-15 minute session.







Phone number: 1-415-655-0002 Meeting number: 2634 341 8889 Meeting password: 4LESSstress

To learn more, please call the Life Center Diabetes Prevention at 520-562-7940 ext. 7344.