



NAMI Orange Offers Free 4-week Guided Meditation

Beginning Thursday, February 4
5:30 to 6:10 p.m.



Pallavi Jois
Certified
Mindfulness and
Meditation teacher

- ✓ Improve focus
- ✓ Reduce stress and anxiety
- ✓ Learn tools to meet the challenges of today

“We miss the real by lack of imagination, and create the unreal by excess of imagination” - Sri Nijagadatta Maharaj

For more information call Barb Maier at (919) 929-7822

This series is made possible by a generous
bequest from Jennifer Dubow