

Mindful Awareness Meditation for Stress Reduction and Relaxation

Who: FREE for all HealthQuest Members

When: Thursday evenings from 6-7pm

Where: 1404A Medical Mall conference room

*To register: Contact Martha Catz at
919-971-1431 or email at
yogaconnectionnc@gmail.com.*

Mindful Awareness Meditation enables participants to be more active in the management of their own health and well being and to reduce stress which is a contributing factor in disease.