

Lake County Tribal Health's Human Services Department is Now Offering a

MORNING MEDITATION GROUNDING & CONNECTION GROUP

BEGINS APRIL 11TH, 2023

Tuesdays and Fridays 7:30am to 8:00am

BENEFITS OF MEDITATION CAN INCLUDE:

- Stress Management
- Increased Self-Awareness
- Increased Focus
- Improved Sleep Quality
- Multiple Health Benefits

SESSIONS WILL INCLUDE:

- Guided Meditation
- Grounding Exercises
- Reading and Reflecting on Daily Meditations
- Prayer (optional)
- Journaling

OPEN TO ALL LCTHC PATIENTS

Participants will have the option to join the group remotely through Zoom, or to attend in person at the Legacy Offices (1950 Parallel Drive).

FOR ZOOM LINK AND PASSWORD, PLEASE CONTACT:

Shawn Paonessa, Substance Use Disorder Counselor
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Lake County Tribal Health

Modern Medicine  Personalized Care

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