

A TIME TO *Meditate*

**A wonderful way to begin your day and week!
Participants will learn how to reduce stress levels in our
group meditation format. In addition, they will learn various
ways to quiet the mind.**

**Robert E. Reid,
Sr. Recreation Center
Defense Hill Road & Route 25a
Shoreham, NY 11786**

Mondays | 9:30AM - 11:00AM

September 13, 20, 27

October 4, 15, 25

**Pre-register by Friday,
September 3, 2021**

Pre-register by Tuesday September 7, 2021

**Call 631-744-2601 for more information or
to register**

*Acceptable payments include check,
money order & credit card.

*No cash payments accepted.

*All cancellations, except by the Town,
are subject to a 15% administrative handling fee.

Visit us on the web:

www.BrookhavenNY.gov

www.Facebook.com/BrookhavenParks



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631-451-TOWN

