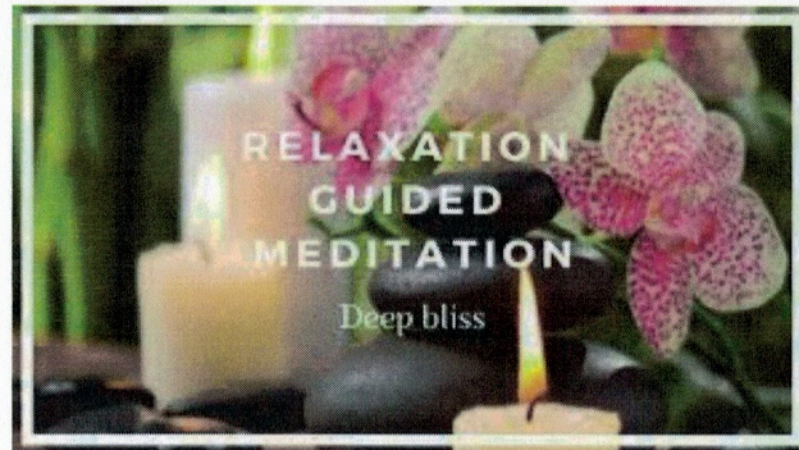


MAKE AN APPOINTMENT WITH YOURSELF EVERY WEDNESDAY AFTERNOON

Relaxation benefits include:

- Decreased heart rate
- Decreased breathing rate
- Lowered blood pressure
- Better sleep patterns
- Relaxed muscles
- Decrease in anxiety
- Improved coping abilities



EXPERIENCE THE DIFFERENCE



University of the Third Age

These meditation sessions will be guided by Silvia Weisz every Wednesday from 1 pm to 2 pm at Sydenham Neighbourhood House, Level 1, Station Street, Watergardens Town Centre (above the Library), starting on the 7th of August

