



BARRY AND FLORENCE
FRIEDBERG
JEWISH COMMUNITY CENTER

Healing Meditation

Facilitated by: Jamie Tedesco, LMSW

Meditation is recommended for everything from relaxation, relationship enrichment, business performance enhancement as well as to manage pain, loss and anxiety and aid in healing. It is a spiritual practice that anyone can learn.

4 Thursdays, 9/28-10/26, 7:30-8:30 pm

Fee: \$80; Members, \$65

**For more information contact: Gloria Lebeaux, Director of Social Services
516-634-4010 or glebeaux@friedbergjcc.org**



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