



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, 10/26, 11/9, 11/16, 11/30
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



15 Neil Court, Oceanside, NY, 11572
www.friedbergjcc.org · 516-766-4341

