

A decorative border with a repeating floral pattern in a light, muted green color, framing the central text area.

CAMDEN COUNTY BOARD OF FREEHOLDERS PRESENTS:

MEDITATION

FREE **ONLINE** CLASSES FOR CAMDEN COUNTY SENIORS 55 & OLDER

>>>SEE OVER FOR DATES/TIMES/LOCATIONS>>>

FOR YOUR NEWS & EVENTS
THE BOARD OF FREEHOLDERS

camdencountynj



CamdenCounty.com

FREE ONLINE MEDITATION CLASSES FOR AGES 55+

This class is designed for those individuals who feel overwhelmed with the anxiety and stress of everyday life, or those who battle with stress-related disorders. Bring harmony into your life! Create awareness methods to diminish stress & create balance for yourself. Come as you are, have a sturdy, armless straight back chair all, in the safety and comfort of your own home, on-line with ZOOM!

Find the secret to:

- Building a resiliency against stress
- Discovering techniques you can use to interrupt the stress cycle and initiate the relaxation response
- Decreasing your heart rate and lowering your blood pressure
- Stretching the tension out of your muscles
- Learning an important tool you can use to calm yourself in any situation, including panic attacks.

**Classes are 1 hour long - 11:00 am to 12:00 pm and 1:00 pm to 2:00 pm in their respective towns.
Class sizes are limited (30 students) and are on a 1st come, 1st served basis - register early!**

To participate, you must be a Camden County Senior Citizen aged 55+

When registering, you will be given the Zoom contact information, as well as the ID code to join the class. The link remains the same for each Zoom meeting. Join in 10-15 minutes early to sign in, chat, and settle-in!

**To register for Gloucester Twp. classes
contact Diane Jones, (856) 435-5734
and/or recdept@glotwp.com**

**To register for Cherry Hill classes
contact (856) 488-7868 and/or
recreation@chtownship.com**

VENUES:

GLOUCESTER TWP.

CHERRY HILL

SENIOR MEDITATION GLOUCESTER TWP.

Wednesday, 9/23 - 11 a.m.

Wednesday, 10/7 - 11 am

Wednesday, 10/21 - 11 am

Wednesday, 11/4 - 11 am

Wednesday, 11/18 - 11 am

SENIOR MEDITATION CHERRY HILL

Wednesday, 9/23 - 1 p.m.

Wednesday, 10/7 - 1 p.m.

Wednesday, 10/21 - 1 p.m.

Wednesday, 11/4 - 1 p.m.

Wednesday, 11/18 - 1 p.m.

