

Mid-day Mindfulness Meetup

**with Hattie Bluestone and
Madeleine Foster**

Join us midweek for
mindful meditation and light
movement on Zoom every
Wednesday from 12-1 pm.
Sessions start July 6, 2022,
cost is \$5 per session.



New Beginnings Counseling Center
Please call 805.963.7777 x 206 to reserve your spot.