



LONG BEACH PARKS, RECREATION AND MARINE IN PARTNERSHIP WITH  
THIRD DISTRICT COUNCILWOMAN SUZIE PRICE AND FOURTH DISTRICT COUNCILMAN DARYL SUPERNOW  
PRESENT A FREE MINDFUL AGING SERIES

# SOUND HEALING AND MEDITATION CLASS

*Join us for an opportunity to strengthen your mind, body and spirit.*

..... **Thursdays, April 13-May 18, 2017** .....  
**11 a.m.-Noon**

Instructor: Gretchen Karma. Rest your body and mind with mindfulness meditation and sound therapy.  
Quartz crystal singing bowls and chimes are soothing and relaxing,  
to create the perfect environment for healing. Bring Water.

**CLASSES HELD AT:**

**Grass area by Lawnbowling Center,  
1109 Federation Dr., Long Beach**

**For more information, call (562) 570-3150**

