



LONG BEACH PARKS, RECREATION AND MARINE IN PARTNERSHIP WITH
THIRD DISTRICT COUNCILWOMAN SUZIE PRICE AND FOURTH DISTRICT COUNCILMAN DARYL SUPERNAW
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

