



Ages 50+

GUIDED SOUND MEDITATION

Mondays | 1:00pm – 2:00pm

Relax the mind and body to help release tension, stress, anxiety, and anger.

November 14	BEP34318
November 28	BEP34319
December 12	BEP14306
December 26	BEP14307

January 9	BEP14308
January 23	BEP14309
February 13	BEP14310
February 27	BEP14311

Bethesda Park Senior Center
225 Bethesda Church Road, Lawrenceville
678.277.0179

*Non-Gwinnett resident fees apply.
Please follow all public health guidance.*

Sign up today!
GwinnettParks.com

