



**RECOVERY
COMMUNITY
CENTER**
DES MOINES

MEDITATION

TO SUPPORT RECOVERY AND HEALTH

All are welcome for this time of silent meditation.

No experience with meditation is necessary.

We'll share a reading or short teaching moment,
followed by 20 minutes of silent meditation.

If time allows, we may have some discussion
to support your meditation practice.

For more information, contact Paul Witmer
paulwitmer@msn.com

THURSDAYS AT 1:15PM

5601 DOUGLAS AVENUE, DES MOINES, IA 50310