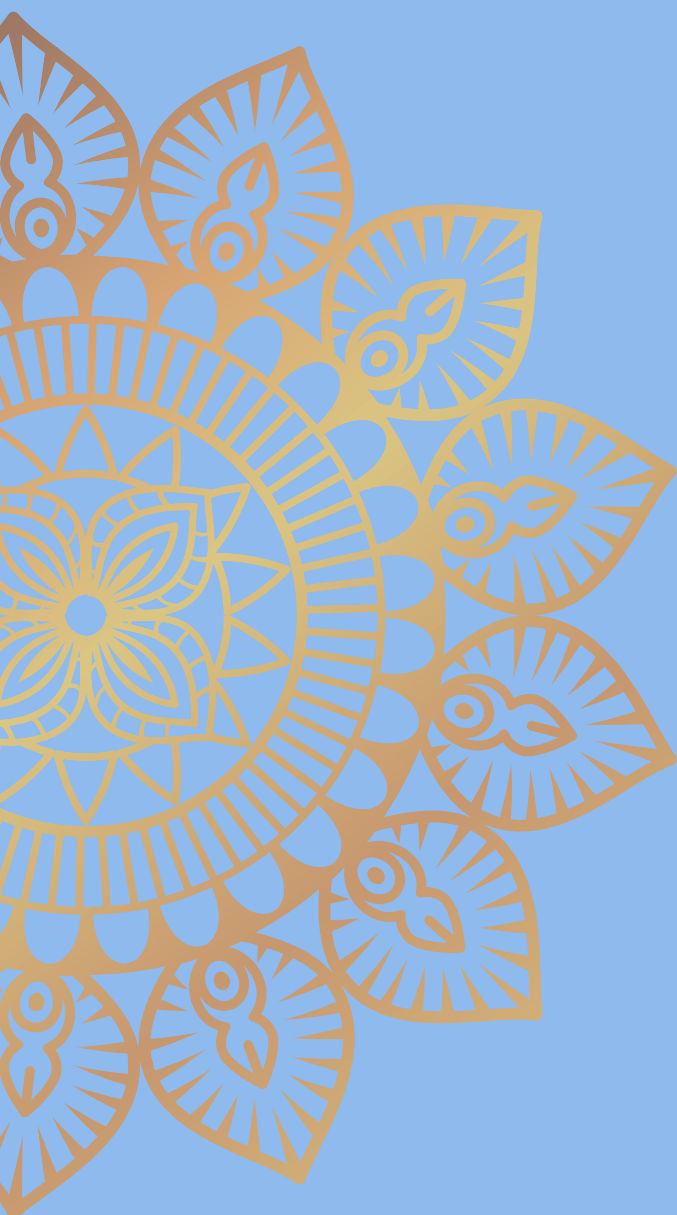


# JOIN US

## FOR MINDFULNESS, MEDITATION & STRESS RELIEF

a welcoming time for gratitude, self-care and relaxation



Choose from two identical Zoom sessions:

Sunday April 7, 11am PT

or

Thursday April 25, 4pm PT

**\$45/session** — all proceeds  
go to Friendly Voices to help enrich  
the lives of isolated older adults



All levels welcome, no experience required



Your Zoom camera can be off



Led by a trained instructor



Space is limited — **SIGN UP HERE**

Just breathe. Inhale, exhale.

[www.friendlyvoices.org](http://www.friendlyvoices.org)

We reduce isolation and loneliness for older adults through weekly  
phone conversations with our trained, compassionate volunteers.

A 501c3 nonprofit EIN# 87-3798169

