



OLA LOA

Lifecare Concierge Inc

# Introduction to Meditation

Join us for a free course on the fundamentals of meditation and learn how meditation can help support your optimal health and wellbeing.

## **Benefits Include:**

- Stress Reduction
- Cultivate Mindfulness
- Decrease your Blood Pressure
- Improved Memory & Sleep
- Enhanced Will Power
- Strengthen your Immune System

**6:00 - 7:00 PM**

**Thursday Sept 30, 2021**

**Jodo Mission, Lahaina**

**Space is limited. Reserve your spot today:**

**808-281-0255**



Course taught by Dr. Stephanie Dent, DNP,  
APRN, FNP-C of Ola Loa Lifecare Concierge Inc.  
For more information, contact Dr. Stephanie at  
808-281-0255