



# Intro to Meditation

Join us for a free course on the fundamentals of meditation. Learn how meditation can help support your health and wellbeing and techniques to begin your own meditation practice.

**Thursday, January 19th**

**5:30 - 6:30 PM**

**Jodo Mission, Lahaina**

**12 Ala Moana Street**

**Bring a blanket, chair, yoga mat, or  
meditation cushion.**

**For questions or to RSVP contact:  
[olaloafamilypractice@protonmail.com](mailto:olaloafamilypractice@protonmail.com) or  
808-281-0255**



Course taught by Dr. Stephanie Dent, DNP, APRN of  
Ola Loa Family Practice