

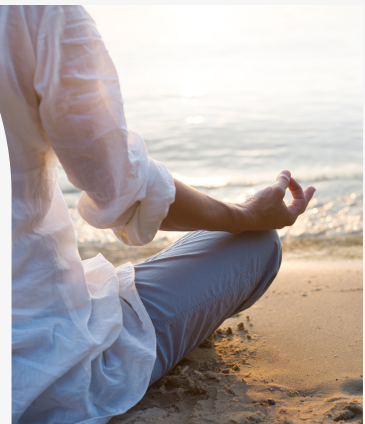


OAK GROVE BAPTIST CHURCH  
1063 OLD TWO NOTCH RD, ELGIN

# physical & mental *health & healing*



RELAXATION



MEDITATION

Learn the skills to relax your mind & body to reverse the harmful effects of stress



**10:15 AM**

Saturday, January, 21  
Saturday, February 18  
Saturday, March 11



**OGBC: Education Center**

1063 Old Two Notch Rd, Elgin  
803-788-2599



**803-440-8300**

rcoogbsc@gmail.com  
<http://recoverallsc.org>

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