

Join Curative Connections
with  CELESTIAL SOUND))

C A R E G I V E R S ' O A S I S

A Sound Meditation for Respite



Thursday
August 29

1:30 - 3:00 PM

2900 Curry Lane,
Green Bay

RSVP

920.593.3575

This 90-minute class provides relief and respite to you as a caregiver while expanding your self-care toolbox and building community with others.

This class for caregivers focuses on **RESPITE**. With Brenda's guidance you will **set an intention**, and then relax and restore to a 50-min **sound meditation** with the gong and other instruments. We conclude with time for **reflection and sharing**.