

Join Curative Connections

with  CELESTIAL SOUND

CAREGIVERS' OASIS

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**.