



CITY OF LOS ANGELES | DEPARTMENT OF RECREATION & PARKS  
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# JIM GILLIAM SENIOR CENTER

## 50+ Class



## Mindfulness Wednesdays

When: Wednesdays

Date: 4/01 -6/21/2024

Time: 5:45 PM-6:30 PM

*Sign up today!*

*Free with membership!*

Explore mindfulness with us! Join our class for guided meditation and relaxation techniques. Find peace in each moment as we embark on a journey to a calmer, more centered life.

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Persons with disabilities are encouraged to participate in our classes and programs. Reasonable accommodations will be made with prior arrangements. Activities, trips and programs may be subject to cancellation.