

# MEDITATION

AT WHITE SWAN PARK, FRASER LAKE

EVERY MONDAY IN MAY AND JUNE  
AT 5:00 PM

MEET AT 4:45 PM BY PICNIC SHELTER  
20 MINUTE MEDITATION

**FREE TO ATTEND**

**BRING • WARM CLOTHES • BLANKET • CHAIR (OPTIONAL)  
• CUP & TEA (THERMOS OF TEA WILL BE AVAILABLE)**

**FACILITATED BY MARY MACDONALD MSW, RSW, BCCSW (#08548), COUNSELOR**

**NATURE  
INFUSION**

**BREATHE**

**CALM YOUR  
NERVOUS SYSTEM**

**RELAX**

**CONNECT WITH  
COMMUNITY**