

MINDFULNESS & MEDITATION AT TOWN BEACH 2024

WHEN: 9:00 AM - 9:30 AM - On the Following Mondays:

4/29, 5/13, 6/10, 6/17, 7/15, 7/22, 8/5, 8/19

WHERE: Town Beach, Old Saybrook (At the Covered Benches)

WHO: Open to Old Saybrook Residents with a Beach Pass

All Experience Levels Welcome - Age 14+

WHAT: Guided Meditation, Relaxation Techniques & More

COST: Free - JUST DROP BY - No Registration Needed



**Facilitated by Samantha Friedrich Steinmacher, LPC
of OSYFS & South Cove Counseling, LLC**