

# MINDFULNESS & MEDITATION AT TOWN BEACH 2024

**WHEN:** 9:00 AM - 9:30 AM - On the Following Mondays:  
4/29, 5/13, 5/27, 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