

Meditation Workshop Series



Saturday, February 8 & 15, 2020, 2 - 3:30 pm

Connect your body, mind and spirit and lower your stress levels. Join this two-week workshop from Heart Chan. No registration is required.

For adults

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San Gabriel Library
500 S Del Mar Ave
San Gabriel
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For ADA accommodations, call Monday – Thursday, 562.940.8462 (voice) or 562.940.8477 (TTY).