

mindful DEXTER

FREE drop-in mindfulness meditation!

Join us twice a month for guided mindfulness meditation in a safe, positive, friendly group setting! Sessions are led by experienced mindfulness facilitators and have no religious affiliation. Appropriate for beginners as well as experienced meditators!



SECOND SATURDAYS OF EACH MONTH

9:30-10:30am

Dexter Library
3255 Alpine Street

2018 September 8
October 13
November 10
December 8

2019 January 12
February 9
March 9
April 13
May 11*

*The May 11 session will be held at the Dexter Wellness Center (not the library!) due to a previously scheduled library event.



THIRD THURSDAYS OF EACH MONTH

6-7pm

Dexter Wellness Center
2810 Baker Road

2018 September 20
October 18
November 15
December 20

2019 January 17
February 21
March 21
April 18
May 16

More info: Follow us on Facebook, and check out our web page by Googling "Mindful Dexter"!

