

BOOMERS A TO Z

My Life, My Time, My Way



“Mindfulness Meditation”

Guest speaker: Kristin Vaughan

Tuesday, April 12, 2016

5:30pm to 7pm

Supper at 5:30pm (cheese pizza) \$6.00

Presentation from 6pm to 7pm including a Q and A session.

Please register by April 8, 2015 – We cannot accept walk-ins

(860)441-6785

Discover the Groton Senior Center

