

**Transitions-
Mental Health
Association**

Paso Robles
Wellness Center
Services

Inner Calm

A Guided Meditation Class



WELLNESS • RECOVERY • RESILIENCE

Inner Calm

is a guided meditation class to help find your inner calm, ground your thoughts, and bring you peace for the day!

Open to anyone working on their mental wellness

Starting May 2, 2017

Classes offered

Every Tuesday

2:30-3:30pm

At 1030 Vine Street

Paso Robles

(RISE Building)

For more information contact

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