



Laguna Woods Village®

# STRESS-LESS MINDFULNESS MEDITATION

WITH DR. LOIS RUBIN

**MONDAYS FOR SIX WEEKS**

(January 8 to March 11)

Clubhouse 6 Multi-Purpose Room

11 a.m. to 12 p.m.



**Pre-registration is required starting Monday, January 7.**

**Register in the Clubhouse 5 office or Recreation office.**

For more information, contact **949-597-4382** or **recreation@vmsinc.org**.

No class on Monday, February 18 (Presidents Day).