

# 12 Days of Wellness

## **MEDITATION 101**

**Monday, December 3 • 9:45-10:15am**



## **COME EXPERIENCE HOW MEDITATION CAN LOWER YOUR STRESS**

Clear your mind and improve your focus.

*Led by Maggie Anderson*

**FREE**

The Swimming Hole • 75 Weeks Hill Road • Stowe, VT • 802.253.9229 • [www.theswimmingholestowe.com](http://www.theswimmingholestowe.com)  
*The Swimming Hole is a non-profit community pool & fitness center that welcomes community support.*

