

# *Meditation & Relaxation*

## *Topic of Masonicare's Free Lunch & Learn*

Join Jennifer King, a devoted yoga and meditation practitioner for eleven years, as she explores the many benefits you can achieve with mindfulness meditation:

*Enhance your personal well-being ~ Enrich your relationships  
Improve your outlook on life*

*Date:*           **April 16, 2015**

*Time:*           **11:30 a.m.**

*Location:*   **Masonicare at Newtown  
139 Toddy Hill Road, Newtown**

*RSVP required by April 10. A complimentary lunch is provided.*

**888-679-9997**



*Jennifer A. King is the Executive Director of The Masonic Charity Foundation of Connecticut. She is also a Registered Yoga Teacher with the Yoga Alliance. She completed her professional training in Therapeutic Yoga for Seniors at Duke Integrative Medicine in Durham, NC, and is currently completing Mindfulness-Based Stress Reduction training with the UMass Medical School Center for Mindfulness.*