

# Mindfulness Meditation

## EVERY SUNDAY

At the Mount Gambier Public Library

### All Welcome

Contact: Limestone Coast Meditation Community (LCMC). On 



**Every Sunday 11.30 am – 12.15**

A Gold coin donation would be appreciated with all proceeds supporting well-being activities of the South East Junction, Mental Health Activity and Resource Centre Inc.



[0477 886 450](tel:0477886450) Tuesdays and Thursdays between 10am and 1pm

[www.thesoutheastjunction.org.au](http://www.thesoutheastjunction.org.au)