

# Stress Care Practice

Hau'pal (Red Tail Hawk) Health Center  
Life Center Conference Room

## MONDAY: MEDITATION

Sessions Begin Promptly at 9:30 AM

## FRIDAY: MEDITATION

Sessions Begin Promptly at 12:00 PM



Learn how to meditate and  
practice a 10-15 minute session.

**JOIN US**  
IN PERSON OR ONLINE



Phone number: 1-415-655-0002  
Meeting number: 2634 341 8889  
Meeting password: 4LESSstress