

# LABYRINTH DISCUSSION GROUP

Thursday, March 21, 2019

1:15pm - 3:00 pm at Earle Baum Center



## THE ART OF LABYRINTH WALKING

- stress reduction
- encourage Creativity
- a path of Prayer
- a walking meditation

Bring your open heart and open mind

Contact Patricia at 707-636-2314

*The Earle Baum Center mission is to provide opportunities for people who are blind or visually impaired to improve and enrich their personal, social and economic lives.*

***Donations are gratefully accepted.***