

Relax and Gain Inner Strength Through NRCIL's Guided Meditation



Mondays and Wednesdays (except 3rd Wednesday each month),

2-2:30 PM at Lowville NRCIL.

7632 N. State St., Lowville, NY 13367

Call or email Kim Cavanagh or Justin Jones

for more information, or for reasonable accommodations.

315-836-3735/kimc@nrcil.net/justinj@nrcil.net

TTY:315-785-8704



**Northern Regional
Center for Independent Living**

