

Somerville Council on Aging

Guided Meditation

Tuesdays at 1:00pm

July 11th, 18th & 25th

Virtually via Zoom



Join Maria Skinner in a virtual Guided Meditation class. You will use body-based imagery to promote body awareness, a calm mind, and relaxation.

Practicing meditation can build skills to manage stress, increase patience and sleep quality, and has been shown to decrease resting blood pressure and heart rate.



For more information, or for the Zoom invitation, please contact Phelan at 617-625-6600 ext. 2315, or email phowell@somervillema.gov