

MEDITATION WORKSHOP

Join us for a discussion on how to meditate,
the benefits of meditation, and a guided practice!

SATURDAY, MAY 26, 2018

10:00 AM - NOON

CHRIST CHURCH OF OAK BROOK

501 Oak Brook Road, Oak Brook, IL 60523

SW corner of York Road and 31st Street

(Enter at door #2 facing the south parking lot)

Please bring a pillow or small throw rug for comfort | Closed AA workshop

Hosted by Dr. Bob's 12&12 Group

