



*Awareness Series*  
*Scientific Basis*  
*for*  
*Meditation*

*Facilitated by:*

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*visit our website at: [www.nwrcwb.com](http://www.nwrcwb.com)*

*Free Class*

*Monday*

*October 28, 2002*

*5:30 p.m. – 7:00 p.m.*

*Location: MultiCare Campus*

*Call for specific location (253) 272-4013*

- We are more than mind body which has somehow learned how to think.
- A quiet mind is all you need for physical and emotional healing.
- Learn why awareness is so fundamental to health.