



Awareness Series
Technology
of
Meditation

Free Class

Facilitated by:

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Thursday

October 28, 2004

5:30 p.m. — 6:30 p.m.

Location: MultiCare Campus

Call for specific location (253) 272-4013

- **Learn how to get personal responsibility for your own health and wellness.**
- **Understand what tools are used to create more creativity, energy, enthusiasm, spontaneous right choices.**
- **Learn why awareness is so fundamental to health.**