



MAY 15TH MEDITATION

冥想 / 심사 숙고 / Meditación Yoga

FREE OF CHARGE!

Our Wellness Series begins **May 15th** with a **meditation** class

Let's relieve some stress together!

의 함께 약간의 스트레스를 해소하자/ Alivemos un poco el estrés!

From 1 p.m.

To 2 p.m.

Alberta Alston
Senior
Apartments

5209 99th St

Flushing, NY,
11368

Open to the
community

Don't be shy –
Bring a friend!

PSS CICLE OF CARE

For more information visit

pssusa.org