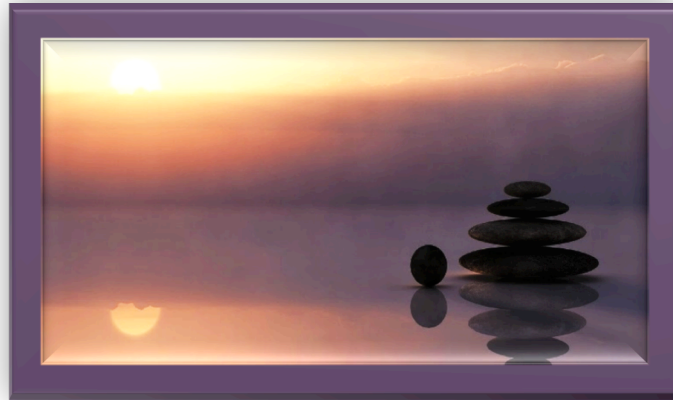


# MEDITATION EVENING



For newbies and experienced meditators

Guided meditations from the Movement of Spiritual Inner  
Awareness

Hosted by: Dr. Michael Kowalski A. P.

Where: Acupuncture & Holistic Health Center

4237 Salisbury Road, Suite 107

Jacksonville, FL 32216

When: 7-8 pm, the 3<sup>rd</sup> Wednesday of each month

Free

All are Welcome!