



# MINDFUL & SERENE

**WEDNESDAYS  
@10AM**

Utilizing a wide range of guided meditations and practices to promote self-awareness, tranquility and balance. Supporting ideal ways to stay grounded and present during hardships and life challenges.

**East Bay Recovery Center**  
**31 Railroad Ave. Warren, RI 02885**  
**(401)289-2055**  
**Zoom:** <https://zoom.us/j/7545086986> T  
**Meeting ID:** 754 508 6986