



LIFE CENTER
DIABETES, ENDOCRINOLOGY & WELLNESS

Stress Care Practice

Hau'pal (Red Tail Hawk) Health Center
Life Center Conference Room

MONDAY: MEDITATION

Sessions Begin Promptly at 9:30 AM

FRIDAY: MEDITATION

Sessions Begin Promptly at 12:00 PM



Learn how to meditate and
practice a 10-15 minute session.

JOIN US
IN PERSON OR ONLINE



Phone number: 1-415-655-0002
Meeting number: 2634 391 0883
Meeting password: 4LESSstress

grhc.org/lifecenter

To learn more, please call the Life Center
Diabetes Prevention at 520-562-7940 ext. 7344.