

**Mindfulness Meditation weekly drop-in class for all,  
from beginners to those with an established practice.**

A chance to practice mindfulness meditation with others,  
and to appreciate the many benefits



# Mindfulness Meditation

**Orleans Community Center**

**44 Main Street  
Orleans, MA**

Led by:

**Deborah Ennis**

*Licensed Mental Health Counselor and Certified Mindfulness Teacher*

**Asa H. Nadeau**

*Massachusetts-Licensed Clinician, Coach and Consultant*

Offered by donation

**Mondays Noon-12:30, 12:30-1:00, or stay for both  
EVERY MONDAY, ONGOING**

For more information:

Deborah: 508-432-3383, [www.healingtherapiescapecod.com](http://www.healingtherapiescapecod.com)

Asa: 774-722-2031, [www.asanadeau.com](http://www.asanadeau.com)