



MOVE INTO FOCUS THIS 2024 WITH WHOLE HEALTH!

Are you looking to improve your focus in 2024? Would you like to learn how to quiet your mind while exploring breathwork and meditation?

**In Person at Rend Lake North Marcum Archery
Complex: Zen Archery**

**Virtually from the comfort of your home:
Meditation 101 and Guided Imagery**

To join one of our groups:

Call us at 618-993-4147

Email us at WholeHealthMarion@va.gov

Learn more at wellvets.com/marion

ZEN ARCHERY

FRIDAYS 1300-1500

SESSION 1 APRIL 5-26

SESSION 2 MAY 3-24

SESSION 3 AUG 2-23

SESSION 4 SEPT 6-27

***ALL EQUIPMENT
PROVIDED***

VIRTUAL MEDITATION 101

FRIDAYS 1000

VIRTUAL GUIDED IMAGERY

TUESDAYS 1130

SATURDAYS 1000