



## ▶▶ Relaxing Levels of Meditation

**Mondays, June 6 – August 1, 2022**  
**8:30 – 9:30 AM**

**Olive View Community Mental Health Urgent Care Center**  
14659 Olive View Dr., Sylmar, CA 91342

Would you like to develop the ability to relax your mind, body, and soul? Join us for a meditation session and learn breathing techniques you can use during a crisis or after any traumatic situations. Coffee or tea will be provided.

For more information, please contact La Londa Alex at [lalex@dmh.lacounty.gov](mailto:lalex@dmh.lacounty.gov).