

535 Mount Hope Ave.



River Edge Manor Spirituality Sessions

Living in the Present

Friday, September 12

Come for a single session or stay for the whole day –
you're welcome however it suits you.

Our programs offer a rich variety of spiritual practices
and approaches, welcoming people from all spiritual
and religious backgrounds.

Session Schedule:

10:00 a.m. Welcome Breakfast & Social (REM Dining Room)

11:00 a.m. Worship Service (ECH Chapel)

12:00 p.m. Lunch (REM Patio) (\$8 per person) **RSVP Required**

1:00 p.m. Tai Chi with Carmen Ramos (REM Patio)

2:00 p.m. Centering Prayer Circle with Kanji Argetsinger (REM Fitness Room)

3:00 p.m. Walking Meditation with Shane Linden (Meet in REM Lobby)

**RSVP to Rachael Link by Thursday, September 4
if you plan on joining for lunch.**

Notify her of any dietary restrictions or accommodations.

585.546.8439 x3703 or rlink@EpiscopalSeniorLife.org

