

Mid Peninsula OA Intergroup Presents

A Valentine Gift Day in OA

## **MEDITATION WORKSHOP**

Meditation can nurture the mind, body and spirit.



3 presenters will share their meditation practice for all to experience.

Whether you are new to meditation, having difficulty with it, have a regular practice or would like to enhance your current practice, experiencing group meditation is a way to connect with ourselves, our Higher Power and our fellows.

Saturday, February 15, 2020

10AM – 1 PM  
Menlo Church  
4150 Piccadilly Lane  
San Mateo, CA

Suggested Donation: \$5.00  
No one will be turned away for lack of funds