



*A Community Charged Full  
With the Charge of the Soul*

*Comes to Our*

*Third Saturday Support Group  
With Milestones In Recovery*



*Rev. Ken Beldon*

*Founding Minister of The Wellsprings  
Congregation, holds a masters in divinity from Yale Divinity  
School and one from Union Seminary in New York..*

*Saturday, October 20, 2018  
11:30 to 2 PM*

*More on Mindfulness and Meditation*

*Mindfulness, contemplative spirituality, and recovery can come together  
and help us heal. Accepting, healing, and loving ourselves and others will  
help us grow – mind, body, and spirit.*

*Come and practice these powerful tools with us!*

*Come and discuss our newest program which will be a mediation course!*

*We want you to join us.*

*Come for connection, renewal, and fun!*

*Bring your lunch; bring a friend. Beverages will be provided.*

*Suggested Donation is \$20.00.*

*This program will be held at Renaissance Nutrition Center, Inc.*

*Though no pre-registration is needed, please call to let us know if you can come.*

*For more information and directions please call:*

*Renaissance Nutrition Center, Inc.*

*2500 DeKalb Pike Suite 200*

*East Norriton, PA 19401*

*610-275-3699 [www.sanefood.com](http://www.sanefood.com)*