



Meditation

Health Educator Rachel Lendner will help you learn to combat stress one breath at a time. Register today for a relaxing session you won't want to miss!

Meditation
Wednesday, April 24
12 p.m. - 1 p.m.

Register Now

Space is limited.

Questions?

Member Services Has the Answers. Call 1-800-414-SHBP (7427).

