



ARE YOU STRESSED? LET'S DE-STRESS AS A COMMUNITY

The Friends of Speer Present  
**MINDFULNESS IN  
GREEN SPACES**

**EVERY MONDAY**

**7 PM - 9 PM**

**JULY 8TH - OCT 28**

**FREE ENTRY | MEDITATION | TRANQUILITY**

COME JOIN US! EVERYONE IS WELCOME! <3  
SPREAD THE WORD, & BRING A FRIEND!

WATER, CHAIRS, MATS, & TRANQUILITY WILL BE PROVIDED!  
BYOB-BRING YOUR OWN BLANKET

**145 Vroom St Jersey City, NJ**



**Contact us**

201-551-7392

SPEERCEMETERY@GMAIL.COM

**Follow us**

@SPEERCEMETERY

WWW.FRIENDSOF SPEER.ORG

**THIS PROGRAM WAS MADE POSSIBLE  
THROUGH A MINI-GRANT GIVEN BY**

**#HealthierJC**