



YOUR COMMUNITY FOR CONSCIOUS CHOICE

JOIN US FOR THE

HUDSON COUNTY HOLISTIC PARENTING

SELF MEDITATION WITH PATRICK MURRAY

Learn the art and science of achieving the best results through meditation

Wednesday, **January 14** at 7:00PM
Nourishing Wisdom Services

112 Willow Ave.

Hoboken, NJ 07030

RSVP: www.meetup.com and sign up under our group
Hudson County Holistic Parenting

For more information and directions, please call
Hoboken Chiropractic + Wellness
Office: 201-792-3544

HCHP IS A DISCUSSION GROUP OPEN TO ALL INDIVIDUALS,
PARTICULARLY PARENTS AND FUTURE PARENTS!