



## OCTOBER 2024 SCHEDULE

### THE NEPONSET RIVER MIND-BODY-SPIRIT CENTER

A program of the Neponset River Unitarian Universalist Community  
under The First Parish Unitarian Universalist-Canton

Launched in September 2024, the Neponset River Unitarian Universalist Community (NRUUC) of the First Parish Unitarian Universalist-Canton offers FUN FREE programs on Thursday afternoons at 1PM to explore connections between our minds, our bodies, and our spirit. These programs are open to the general Neponset River community without charge, though donations always are appreciated! No religious affiliation required! Location: **1508 Washington Street, Canton**. Ongoing offerings include:

First Thursdays of the Month, next Oct. 3rd, from 1PM-2PM

#### **Exploring Your Spirituality**

Drawing on a nonreligious theme-based curriculum called "Soul Matters," we'll explore through conversations, and sometimes the arts and music, different spiritual themes. The theme for September is "Invitation," and each person will receive a free booklet to take home for further fun spiritual practices.

Second Thursdays of the Month, next Oct. 10th, from 1PM-2PM

#### **Zen Buddhist Meditation Group**

Drawing on the practices of the late Zen Buddhist Vietnamese monk, Thich Nhat Hanh, we'll practice sitting and walking meditation together and share in readings and mindful eating with healthy snacks.

Fourth Thursdays of the Month, next Oct. 24th, from 1PM-2PM

#### **Get Your Body Groove On!**

We'll dance our way to deeper joy and health by viewing segments from a video exercise program known as "Body Groove." This program is diverse in representing and honoring all body types and abilities and is diverse by race and age as well! You should always consult your physician before trying this, and we'll have a release to sign, and exercising from chairs also is welcome. It's lots of fun to try!

Contact Rev. Dr. Michelle Walsh at [minister@fpuucanton.org](mailto:minister@fpuucanton.org) for more information and to sign up in advance as desired, though walk-ins also can be accommodated! Transportation through the Town of Canton's Senior Center also is possible in our partnership with them!