



Neponset River Mind Body Spirit Center

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

The Neponset River Unitarian Universalist Community (NRUUC) of the First Parish Unitarian Universalist-Canton has changed its schedule beginning in February! We offer FUN FREE programs on Thursday afternoons at 1 PM or 1:30PM and a Friday afternoon as noted 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. As of February 2025 and March 2025, current offerings include:

First Thursdays of the Month, Feb. 6th and March 6th, from 1 - 2 PM

Get Your Body Groove On!

We'll dance our way to deeper joy and health accompanied by 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!

**Second & Fourth Thursdays of the Month, Feb. 13th/Feb. 27th & March 13th/March 27th
from 1 - 2 PM**

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.

Third Thursdays of the Month, Feb. 20th and March 20th, from 1:30 - 2:30 PM

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 upcoming themes are "Inclusion" for February 2025 and "Trust" for March 2025. Each person will receive a free booklet to take home for further fun spiritual practices.

Third Fridays of the Month, Feb. 21st and March 21st, from 3 - 5:30PM

Fun Inspirational Friday Matinee Movies!

Viewing and conversation and snacks! For Black History Month, we'll watch together the movie "Six Triple Eight" (a WWII true story of a historic all-black female battalion) on Friday, Feb. 21st, 3- 5:30pm. For Women's History Month, March 21st, we'll watch "On The Basis of Sex" about the early life of the late Supreme Court Justice Ruth Bader Ginsburg. Pizza and popcorn provided!

Free and Open to the Public! Contact Rev. Dr. Michelle Walsh at minister@fpuucanton.org for more information! No advance sign up needed; walk-ins are fine!