Wellness – Interest Groups

Passage Meditation (Satsang)
"The Eight Point Program of Passage Meditation was developed by Ecknath Easwaran. It is non-denominational, non-sectarian, and free from dogma and ritual. It can be used within each person's own cultural and religious background to relieve stress, heal relationships, release deeper resources and realize one's highest potential". Visit www.easwaran.org for more information, or contact Annette at 919-260-1995.
Fee: FREE
Seymour Center
2nd Sat: Dec 12; Jan 9; Feb 13 (352047) 9 – 10:30 am

Take Off Pounds Sensibly (TOPS)
A weight loss support group, TOPS, is a non-profit and non-commercial organization. We'll help you reach your goals in a warm, caring support group for adults and children (age 7 +). Join us to help you have the pounds "fall" off. Contact: Judy at
919-452-3712 for more information.
Fee: First visit is free.
Central Orange SC
Tuesdays (257000-01) 11 am – 12 noon
(Weigh-in: 10:30 am in the Wellness Room)