



**RELUME FOUNDATION**  
reaching our communities with care



**FOUNDATION CHURCH**

# FLOURISH:

**MEDITATING YOUR WAY  
TO MENTAL & SPIRITUAL  
HEALTH**



**Sunday**

**May 04<sup>th</sup>**

**TIME: 11AM**

**Immediately after service**

**Inquiries:  
Call us at 646-715-2009  
[www.relumefoundation.org](http://www.relumefoundation.org)**

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**VENUE:  
BCMC: 110-36 Guy R Brewer Blvd,  
Queens, NY 11433**