



Meditation with Tina at the Library

Monday, October 28, 2019

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Monday, November 18, 2019

7:00—8:30 PM

Relax, Unwind, Destress and Meditate.

**Join us in our journey of healthy body, mind and
spirit!**

**Please bring a mat, pillows and/or blankets to make
your meditation practice comfortable. We may be
sitting in a chair or laying on the floor.**

Admission by Donation

Please register by calling the Library at 780-785-2955