



At SPRUCE PINE PUBLIC LIBRARY

MINDFULNESS PROGRAM

Learn how to release anxiety & worry,
reduce stress, and create a calm &
peaceful mind with this simple and
easy-to-learn loving kindness meditation.

Tuesdays, 2pm-3pm

June 20th - September 12th

(no session on July 4th)

Free to the Public, Ages 18 and up

Join one, multiple or all 12 sessions

Bring a friend

Learn more at:

createupliftingthoughts.com/events

