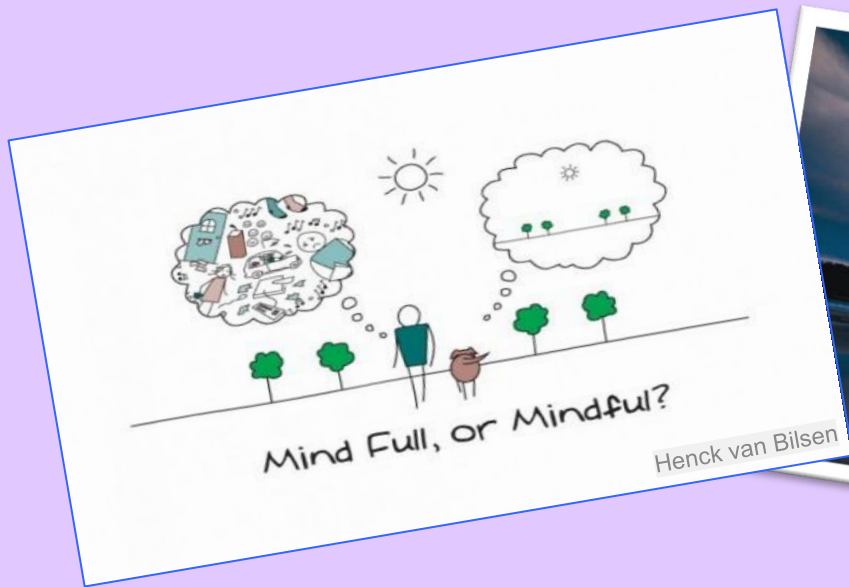


Find Your Way to Mindfulness



Join us as we explore a variety of approaches to meditation and mindfulness. We'll also go over tips for developing your own customized daily practice. Drop-in.

WEDNESDAYS:

March 2, 9, 16, 23

12:00 - 12:30 p.m.

Transcendental Alcove
Concord Free Public Library
129 Main Street
Concord, MA

This series will be guided by Paige Zarganis Williar, who coaches individuals, families and organizations in mindfulness and peaceful communication.