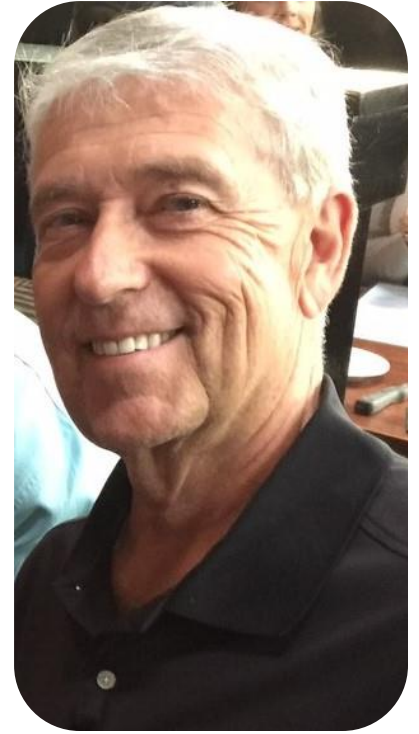


South Plainfield Public Library Presents:

Meditation for a More Peaceful & Healthy Life



Many people all over the world are turning to meditation to help them lead a more peaceful and healthy life-style. Scientific studies have proven that the practice of meditation reduces stress and anxiety, as well as decreases the risk of disease. Many Dr's recommend meditation to their patients, and those who practice meditation attest to its healing power in their lives. Please join Jim Rose, retired executive with Johnson & Johnson and longtime meditator, for this engaging and informative workshop and learn to incorporate a simple yet powerful technique into your life.

Thursday September 13 at 7pm

REGISTRATION REQUIRED

**TO REGISTER, PLEASE CALL THE SOUTH PLAINFIELD LIBRARY AT
908-754-7885**