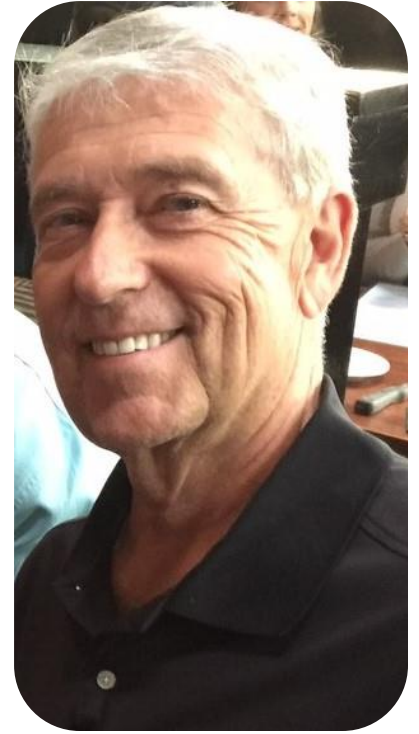


# **South Plainfield Public Library Presents:**

## **Meditation for Optimal Well-Being**



People have been practicing meditation for centuries and today we see a surge in its popularity as new benefits continue to be discovered. It is recognized how meditation can help the body, mind and spirit. Incorporating meditation into one's life has many positive effects. Join Jim Rose, retired executive with Johnson and Johnson and longtime meditator for this inspiring program. Learn a simple meditation technique that can help you in all aspects of your life.

**Thursday April 12 at 7pm**

**REGISTRATION REQUIRED**

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