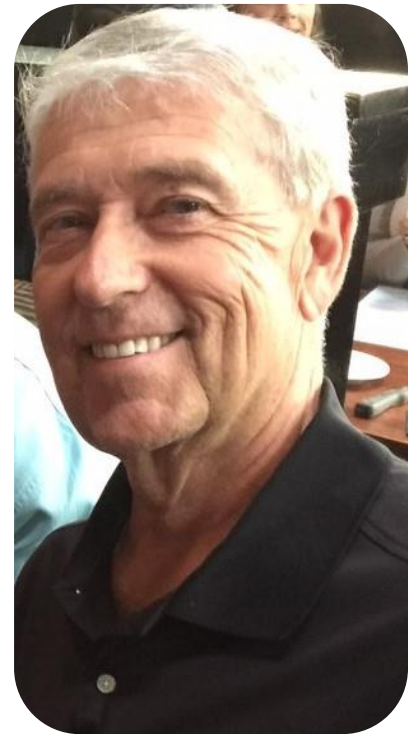


South Plainfield Public Library Presents:

Meditation for Health & Wellness



Meditation is being prescribed by many medical practitioners and has been widely recognized as a means to enhance one's health and reduce stress. The New Year is a time to create a clean slate. Join Jim Rose retired executive with Johnson & Johnson and long-time meditator for this powerful workshop. Jim has been inspiring audiences on how to practice and learn this very simple technique which provides many benefits. There will even be a little meditation sitting at the end. Bring joy, peace and relaxation into your daily life.

Wednesday January 20 at 2pm

REGISTRATION REQUIRED

Visit southplainfield.lib.nj.us to register for this event. Once you have registered you will be sent the link to join

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