

Meditation for a Healthy Lifestyle



In this fast-paced world, inner peace can seem elusive. You are invited to join Arlene Samsel, long-time meditator, for an engaging workshop teaching you practical strategies to reduce stress and create a more healthy and positive lifestyle. She will offer effective meditation techniques which can help you connect within to gain a real and profound sense of serenity and joy. Accompany Arlene as she takes you on this journey. There will even be a short meditation sitting.

Tuesday May 25 @ 7pm

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

Keep connected  @ South Plainfield Public Library