

Did You Have Time For Your M&Ms?



Each day we run from one activity to another, the destination and completion of the task being the object of our life. We are missing the journey in being present to life as it unfolds for each and every one of us in its own unique way.

Has the zest left your life? Take your M&M's (Mindfulness & Motivation) with you throughout your day. This workshop will focus on the space in which life unfolds and not the activities which unfold in life. Come with an open mind and leave with a zest for life. Please wear comfortable clothes. All material is supplied by instructor.

Judy England-McCarthy's has been doing workshops since the 90's and her background includes Therapeutic Massage, Nursing and Professional Storytelling. She is both published author and poet.

Saturday February 23 1:30pm

REGISTRATION REQUIRED

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