

MINDFULNESS MEDITATION EVENT



October 10, 2024
6:00-7:00 PM
Clarence Public Library

Please call 716-741-2650 starting September 26
to register for this event.

Join us for a mindfulness meditation class that is hosted by the
Clarence Public Library and Wat Prodketchettharam America and guided by
Phramaha Piya Jundadal! All are welcome! No meditation experience is
necessary.

Meditation is Self Care and Awareness
Meditation Boosts Health and Wellbeing
Meditation promotes inner peace for world peace!
Chair seating available. Some meditation sitting cushions will be available
for use.



Clarence Public Library
3 Town Place
Clarence ☎ New York 14031
716 ☎ 741 ☎ 2650