

THURSDAY, OCTOBER 25TH

6:00 PM



A TALK ON MEDITATION

Dr. Michael A Heintz

A talk on the practice and mechanisms of meditation in relationship to health, medicine and the martial arts.

Registration is required. Please call 773-7124.



This program is
sponsored by the
**Friends of the
Grand Island
Memorial Library**

**GRAND ISLAND
MEMORIAL
LIBRARY**

1715 Bedell Rd.
773-7124

www.BuffaloLib.org