



# MINDFULNESS MEDITATION EVENT



Every second Monday of the month  
6:00–7:00 PM  
Clarence Public Library

## Upcoming Dates

September 8

October 13

November 10

December 8

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.



Clarence Public Library  
3 Town Place  
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