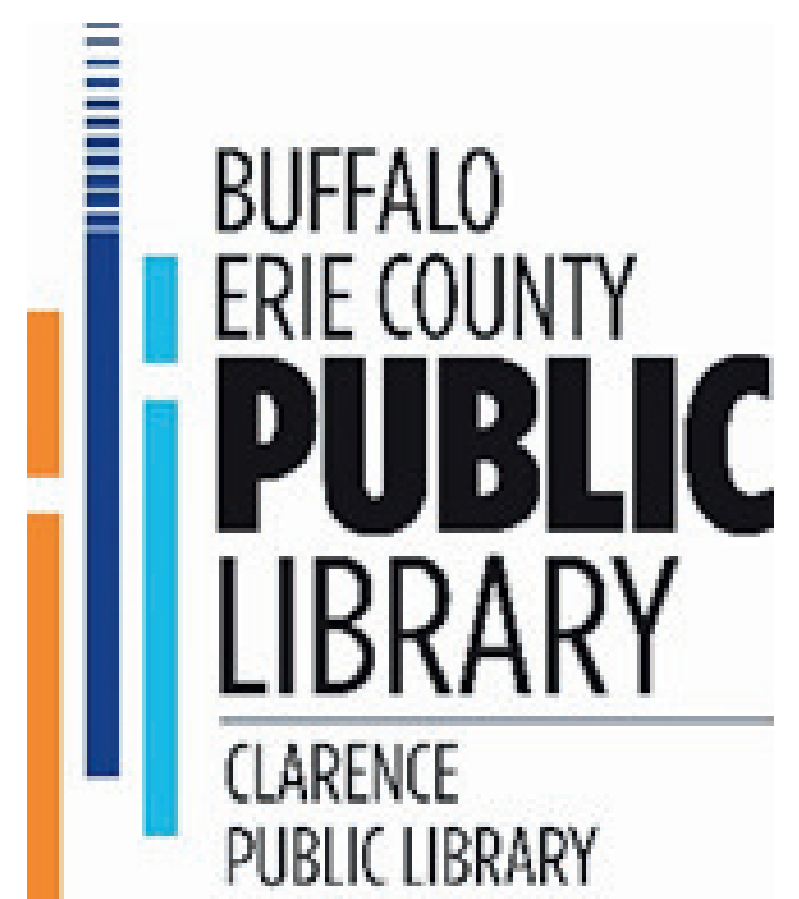


# MINDFULNESS MEDITATION EVENT



Meditation is Self Care and Awareness  
Meditation Boosts Health and Wellbeing  
Meditation promotes inner peace for world peace!  
Chair seating available.

**May 11, 2026 (April 27 registration)**

**June 8, 2026 (May 25)**

**July 13, 2026 (June 29)**

**August 10, 2026 (July 27)**

Every second Monday of the month  
6:00-7:00 PM  
Clarence Public Library  
3 Town Place  
Clarence, NY 14031  
716-741-2650

Join us for a mindfulness meditation class that is hosted by the Clarence Public Library and Wat Prodketchetharam America and guided by Phramaha Piya Jundadal! All are welcome! No meditation experience is necessary. Required registration begins 2 weeks before the program.