

# MONTHLY MEDITATION

Starting December 19th

7:00pm 3rd WEDNESDAY OF EVERY MONTH  
ORADELL PUBLIC LIBRARY MEETING ROOM

## 3 KEY BENEFITS TO MEDITATION:

Promotes Emotional Health

Controls Anxiety

Reduces Stress

Join us for a free and easy guided meditation

Brought to you by:

The Oradell Stigma Free Committee &  
Seva Pop-Up Yoga