The Ringwood Public Library Presents:

**Quiet Down @ The Library:**

**Mindful Meditation**

Registration is requested but walk-ins are welcome.

**Tuesday Mornings**
Now through June 30, 2020
11:00 am — 11:45 am
(No meeting on: Tuesday February 18 or Tuesday June 2)

**Wednesday Evenings**
Every other Wednesday evenings:
3/4; 3/18; 4/1; 4/8; 4/29; 5/6; 5/20; 6/3; 6/17
6:00 pm—6:45 pm

Mindfulness is the basic human ability to be fully present, aware of where we are and what we’re doing, and not overly reactive or overwhelmed by what’s going on around us.

Through Meditation and Guided Imagery, you’ll be equipped with the tools to create positive habits, find calm in times of stress, and reconnect with the simple delight of being human.

As you spend time practicing mindfulness, you’ll probably find yourself feeling kinder, calmer, and more patient. These shifts in your experience are likely to generate changes in other parts of your life as well.*

Open to ages 15 and over.
No experience needed to participate!

Presented by Janet Carlsen, retired Oncology Nurse & former Cancer Resource Coordinator at Valley Hospital.

YOUR MIND MATTERS!!

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Stop in, phone or register online

Ringwood Public Library, 30 Cannici Rd, Ringwood, NJ 07456
973-962-6256 X10 www.ringwoodlibrary.org

*www.mindful.org