

MEDITATION CLUB



Experienced or beginning meditators are welcome to join the club and share breathing exercises and meditation techniques that may help to reduce stress.

ADMISSION IS FREE.

As part of its role as an information center, Queens Library presents programs of interest to the community. The Library does not vouch for the accuracy of information disseminated during such programs and assumes no responsibility for any statements made. Views expressed are those of the speaker alone. Participants should consult with their physicians before undertaking any exercise, nutrition, or health-improvement program.

Thursdays
January 10, 24; February 14, 28;
March 14, 28; April 11, 25;
May 9, 23; June 13, 27

5:30 pm

GLEN OAKS

256-04 Union Turnpike

718.831.8636

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