

Meditation:

A Spiritual Solution to Stress, Anger and Conflict

with Jim Rose

Stress, anger and conflict are part of life in today's world, but you don't have to live with them 24/7. In this interactive program, Jim Rose will engage you through a series of exercises designed to show how meditation is a powerful tool for dealing with stress, anger and conflict. Through several meditation periods, you will have a chance to see how meditation also is the key to a rich inner life.

Tuesday, June 8 at 7:00pm

at the North County Branch Library

65 Halstead Street, Clinton, NJ

This program is FREE and open to the public.

**Reservations are required and can be made by calling (908) 730-6135
or by visiting our Events Calendar online at www.hclibrary.us.**