

# Insight Meditation Group



## Pike County Public Library

Tuesdays, 5:30-7:00pm

Milford Community Room

Facilitator, Anthony Varriano, MD

*April Theme:*

*Meditation, Health caring, and Your Life*

Join our growing group as we explore the practice of  
Insight Meditation.

Please sign up in Milford, or call (570) 296-8211.

