

Insight Meditation Group



Pike County Public Library

Milford Community Room

Tuesdays, 5:30-7:00pm

Facilitator, Anthony Varriano, MD

Join our practice group and learn the basic practices of mindfulness meditation. Enliven your life, manage stress and cultivate ease and well-being.

All are welcome!

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

