

PIKE COUNTY PUBLIC LIBRARY INVITES YOU TO

# *Learn to Meditate*



Start the New Year with a New You!  
Come and discover this simple  
yet powerful practice.

3 Week Introduction to Meditation  
FREE. No experience necessary.

TUESDAY JANUARY 8, 15, & 22 FROM 5:30PM TO 7PM  
THE COMMUNITY ROOM, IN THE LIBRARY  
119 E HARFORD STREET, MILFORD, PA  
FOR MORE INFORMATION CALL: 570-296-8211