

# Insight Meditation Group



## Pike County Public Library

Tuesdays, 5:30-7:00pm

Milford Community Room

Facilitator, Anthony Varriano, MD

*June Theme:*

*Happiness*

*Join our practice group and learn the basic practices to enliven your life, manage stress and cultivate ease and well-being.*

**All are welcome!**

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

