

MINDFULNESS MEDITATION

ON ZOOM

Teens, join us for an hour of mindfulness meditation instruction and practice. Attend any or all sessions.

Practicing meditation can help you reduce stress, get better sleep, improve focus and concentration, and lessen anxiety.



w/instructor
Jesse Frechette



Grades 6 - 12

Wednesdays, 7:00 — 8:00 p.m.
May 15, May 22, June 5, June 12

Register at abingtonfreelibrary.org/events
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Questions? Contact Young Adult/Reference Librarian
Sara Huff at shuff@mcclinc.org or
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