

# Love and Kindness Meditation



IN PERSON  
February 14, 2022  
12:00 pm  
Memorial Room

Take some time for yourself this Valentine's Day and join Lisa Ficco for a one hour session of meditation. Love and kindness meditation is a popular practice that can be used to boost well-being and reduce stress.

No experience necessary.

Please register  
at <https://fplct.librarymarket.com/>



Fairfield  
Public  
Library

All programs are free and open to the public.  
For more information:  
[fairfieldpubliclibrary.org](https://fairfieldpubliclibrary.org) or call 203-256-3155.

Main Library  
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Fairfield Woods Branch  
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