

# Love and Kindness Meditation



IN PERSON  
March 14, 2022  
6:30 pm  
Memorial Room

Come join Lisa Ficco for a guided loving kindness meditation. Treat yourself to an hour of quiet introspection while giving yourself a little grace. This class is for anyone from beginners up to those who have a meditative practice and anyone in between. You may sit in a chair or on the ground if that is your practice.

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



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

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Fairfield Woods Branch  
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