



# Meditation/Mindfulness

**Wednesday, March 22**  
**6:30 p.m.**  
**Memorial Room**

**INSPIRE**  
*change your mind*

Come join us for an evening of mindfulness and meditation. Some of the many benefits of a meditation practice include:

- Reduced Stress & Anxiety
- Enhanced Self-Awareness & Emotional Health
- Longer Attention Span & Ability to Focus
- Improved Sleep
- Decreased blood pressure
- Accessible almost anywhere

No experience necessary. Chairs will be provided but feel free to bring your own yoga mat if you would like to practice on the floor. Presented by Lauren Lanham, Inspire Inc. Please register at <https://fplct.librarymarket.com>.



Fairfield  
Public  
Library

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

Main Library  
1080 Old Post Road  
Fairfield, CT 06824

Fairfield Woods Branch  
1147 Fairfield Woods Road  
Fairfield, CT 06825

