

Mindfulness Book Club

SUNDAY - MARCH 8TH - 3PM

**Are you interested in deepening your understanding of
mindfulness and how to apply it to your life?
Do you love to read?**

Join Essex Library and Sarah Gerhardt for the Mindfulness Book Club. Each session will end with a mindfulness practice.

We'll continue exploring the same book as last month. Feel free to come even if you haven't read it.

Come meet like-minded people to connect over the profound and simple practice of mindfulness & reading!

**BOOK: MIRACLE OF MINDFULNESS
BY THICH NHAT HANH**

To sign up or for more info email:
beldennoblelibrary@gmail.com

Belden Noble Memorial Library
2759 Essex Rd, Essex, NY
essexlibrary.org

