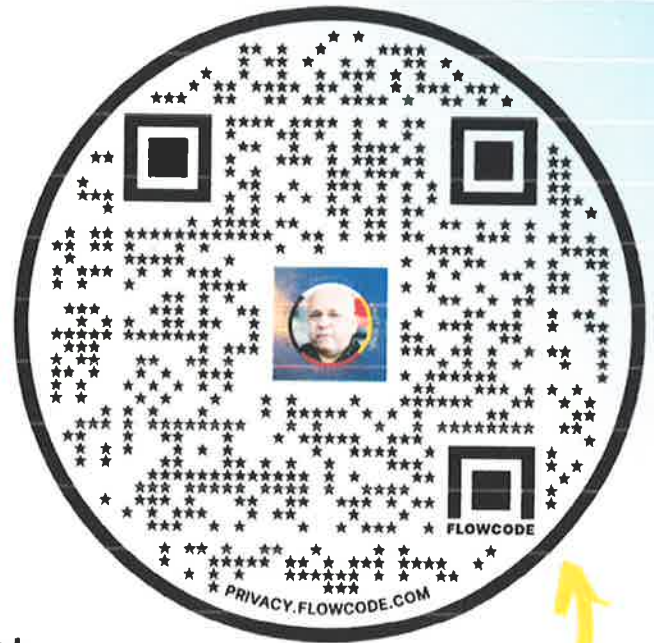


SPECIFIC SOLUTIONS

TACTICAL MINDFULNESS

TO ACHIEVE CONNECTEDNESS

In person, like a cooking class. 10 different mindful practices are taught like recipes.



Take a photo or scan to reserve your seat!

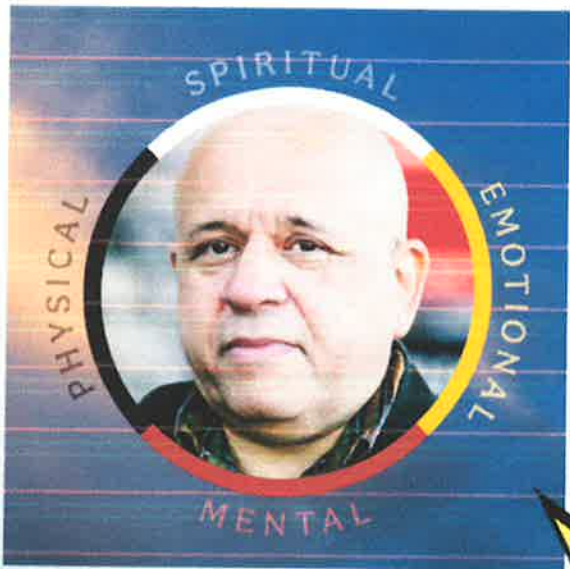


Coming to a Library near you!

- 7/15 - Montgomery County
- 7/16 - Prince George's County
- 7/23 - Dorchester County
- 7/30 - Howard County

- 8/6 Somerset County
- 8/13 Baltimore City
- 8/20 Howard County
- 8/27 Washington County

*Designed for Veterans, this class is open to anyone!
This is the one class you DON'T want to miss.*



Peter Brooks, Teaching Artist

- Stop feeling bad about things you did or didn't do in the past.
- A lot of people are stuck in a rut, and need some ways out.
- Everyone knows mindfulness is an antidote to stress, but how do you know your there?
- By the end of this class you'll be able to go on vacation and relax whenever you want.



Hurry



before tickets are



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