

# Saturday: MEDITATION for Relaxation



Lots of spaces are available in the Adult Meditation Classes. Join us anytime in the SCBL Community Room from 9:30-10:30, on the 2nd, 3rd, and 4th Saturdays of every month. Meditation is a known method of STRESS REDUCTION. Do you suffer from panic attacks, or just feel that you are losing control of situations? Meditation techniques can help. This FREE program is underwritten by SCFOL and the City's Matching Funds. Help support these programs by purchasing books at our monthly used book sales and by joining SCFOL here on this website. Meditation NEW