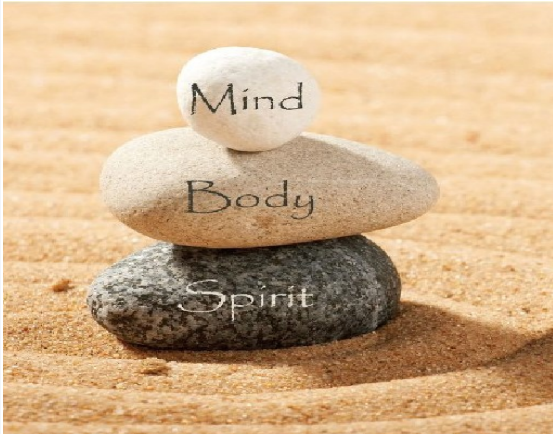


Mindfulness with Dottie

&

Yoga with Sarah Johnson



Mindfulness helps us to live more fully in the present.

Learn techniques to focus with a sense of calm. Free program.

2:00-3:30 p.m.



Following Mindfulness, there will be a free Gentle Yoga class with Sarah Johnson from Thinking of Today.

3:30-4:15 p.m.

www.thinkingoftoday.com

Wednesday, Sept. 13th @ 2:00-4:15 pm

Presque Isle Community Library-Downstairs Community Room

715-686-7613 www.presqueisle.wislib.org