

ADULTS

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Mindful Mondays



Join us for a moment of Zen. During this program you'll learn about keeping calm in an anxious world and participate in a guided Body Scan Meditation. This program is for adults only. Online registration required at www.vbgov.com/libraries

December, 12/6, 6:30 - 7:30 p.m.

MEO Central Library, 385-0150

Libris Meeting Room

Customers may request a reasonable accommodation for programs. Requests must be made directly to the branch manager at the time of program registration, but no later than 48 hours before a scheduled event.

