



OCEAN COUNTY LIBRARY

Connecting People ... Building Community...Transforming Lives

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PRESS RELEASE

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Mindfulness Meditation Session Coming to Jackson Library

JACKSON – The Jackson Branch of the Ocean County Library will host “Mindfulness Meditation: On Loving Awareness” 2 p.m. Friday, Jan. 19, 2 Jackson Drive.

Learn to enhance awareness through loving presence. Practice involves guided meditation and sitting in silence.

This program is open to both novice and skilled. Comfortable clothes are required.

Registration is required for this free event. To register, call 732-928-4400 or visit theoceancountylibrary.org/events.