

Adult

FREE  
EVENT

# Meditation:

## Lose Your Stress, Find Your Bliss

Discover how meditation can reduce stress-related responses, improve concentration and enhance clarity of thought. Learn meditation techniques with expert Ajili Hodari that can enrich your life personally, professionally and spiritually.



## Lakewood Pierce County Library

6300 Wildaire Road S.W. 98499  
253-548-3302

Saturday, Sept 14, 1 p.m.

## University Place Pierce County Library

3609 Market Place W., Suite 100 98446  
253-548-3307

Wednesday, Sept. 18, 7 p.m.



Pierce County  
Library System

Information & Imagination

2013 Winner National Medal for  
Museum and Library Service  
[piercecountylibrary.org](http://piercecountylibrary.org)

Washington Relay TTY 711



7/13 (100/6)

