



Mindfulness meditation is a powerful form of self-care that can be practiced anytime and anywhere. Alena Murphy, a mindfulness meditation instructor, will give an introduction to this simple, yet effective method. In a small group virtual setting, you will be shown how meditation can help you: reduce stress and anxiety, manage difficult emotions, improve focus, find compassion and empathy for yourself and others. **For Wilton's high school students.** Space is limited and registration is required for each session. **Sponsored by Wilton Library and Wilton Youth Council.** Visit www.wiltonlibrary.org to register. Zoom link will be emailed in advance to registrants.

Come to one or all four.



WILTON LIBRARY



To register: www.wiltonlibrary.org and click on "Events"

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