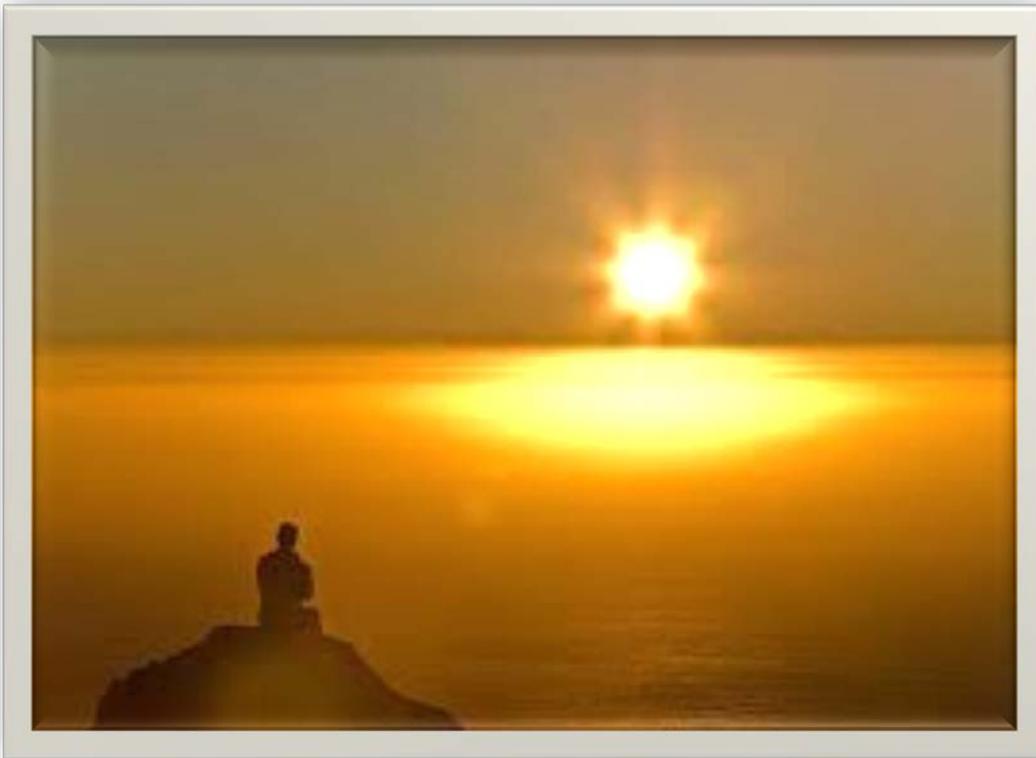


The Rocklin Branch Library
Presents
William Smith, Ret. Army Colonel & Long Time Meditator
REDUCING STRESS THROUGH MEDITATION

Saturday, October 10th @ 3:00pm



Join William Smith, retired Army Lt Colonel as he discusses the extraordinary effect of meditation to reduce stress-related responses, improve concentration, enhance clarity of thought and mental equilibrium. He will also present a simple, yet powerful meditation technique that can enrich one's life.

4890 Granite Dr, Rocklin, CA 95677 (916) 624-3133

