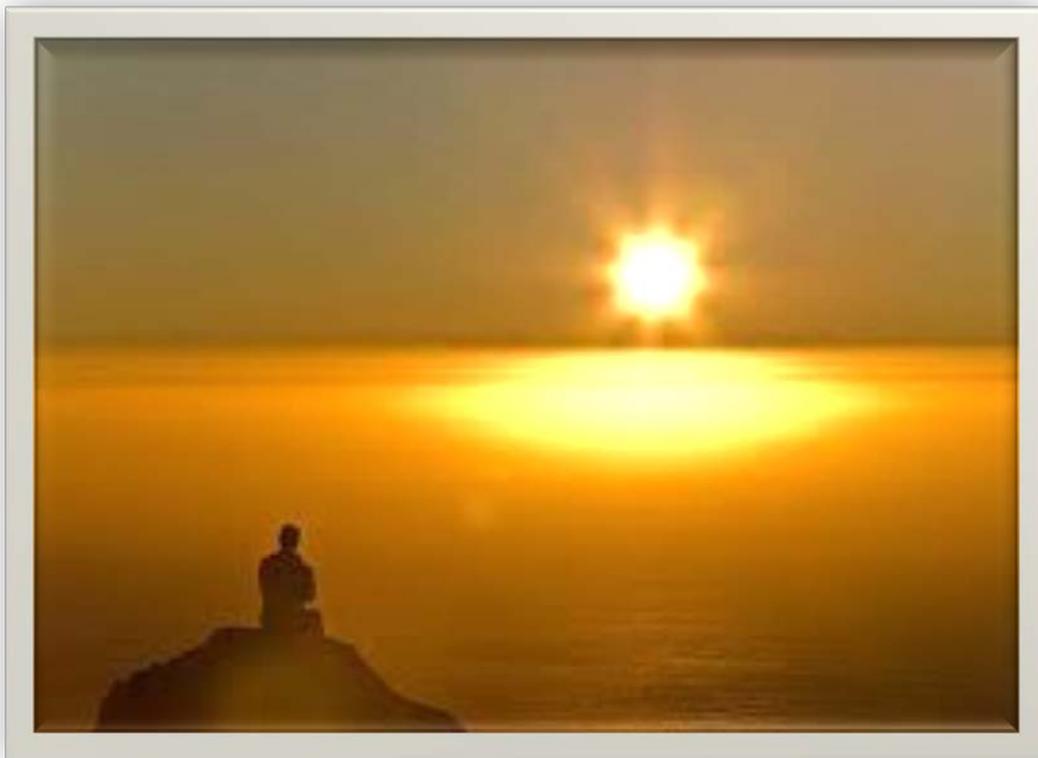


The Colfax Library
Presents
William Smith, Ret. Army Colonel & Long
Time Meditator
“MEDITATION FOR EVERYDAY LIVING”

Tuesday, October 6th @ 5:00pm



Incorporating meditation into one's life has many positive effects. Join William Smith, retired Army Lt. Colonel and long time meditator for over 40 years for this inspiring program. Learn a simple meditation technique that can help you in your life.

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