



**GREATER MADAWASKA LIBRARY  
and CALABOGIE MINDFULNESS MEDITATION**

**Invite you to attend**

## **“A Taste of Mindfulness”**

**By Susan Veale BSc. Kin., Mindfulness Meditation Teacher**

**Saturday November 25<sup>th</sup> 11 am – 1 pm**

## **MINDFULNESS**

**The New Science of Health and Happiness**

**Learn why every mind needs Mindfulness Learn how Meditation changes  
your body Learn how to use the breath to calm Learn how to pay  
attention moment to moment No experience in meditation necessary**

**Calabogie Public Library  
4984 Calabogie Road**

**Donation to Calabogie  
Food Bank**

[www.calabogiemindfulnessmeditation.com](http://www.calabogiemindfulnessmeditation.com)

**For more information and to reserve your seat call 613-752-1540**