



mindful
DEXTER

Mindfulness Meditation Opportunities in



All sessions are FREE and open to anyone, whether you're new to meditation or are a seasoned meditator!



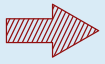
Second Saturday Meditation (Outdoors!)

Saturday, October 8, 9:30-10:30 a.m.

On the Terrace Behind the Dexter District Library (in Mill Creek Park North)

This event is in-person only (not on Zoom). Dress for the weather, bring a foldable chair or blanket to sit on, and join us at the terrace behind the library (near the B2B Trail, at the back of Mill Creek Park North). We'll move inside to the library if the weather's rainy.

This Month's Zoom Meditations:



Third Thursday Meditation

Thursday, October 20, 6:30-7:00 p.m. on Zoom*



Mindful Midday Monday Meditation

Monday, October 31, 12:00-12:30 p.m. on Zoom*



* TO ATTEND EITHER OF THIS MONTH'S ZOOM SESSIONS:

Scan this code with
your smartphone:




OR Go to tinyurl.com/MindfulDexterZoom



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