



**Southeast Steuben County Library**  
**300 Nasser Civic Center Plaza; Suite 101**  
**Corning, NY 14830**  
**ssclibrary.org**

CONTACT: Cherie Chigama  
Public Relations Director  
chigamac@stls.org  
(607) 936-3713 ext. 220

June 6, 2014  
FOR IMMEDIATE RELEASE

**NEW PROGRAM: MEDITATION GROUP TO MEET AT SSC LIBRARY**

Get your weekend off to a good start by spending a little time on yourself. Happy Hour Meditation Group will meet on select Fridays at 4 p.m. this summer in the Laura Beer Community Room of the Southeast Steuben County Library.

Meetings will be held June 13 and 20 and July 11, 18 and 25.

This is a group for grownups who need a little quiet time. Participants should dress comfortably for sitting on the floor and bring a small cushion or yoga mat to sit on.

For more details or to sign up, call (607) 936-3713 ext. 220.

-30-

*Programs made possible by the Friends of the Library  
The library is handicapped accessible. If you require special accommodations, please call us in  
advance: (607) 936-3713.*