



Southeast Steuben County Library
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ssclibrary.org

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FOR IMMEDIATE RELEASE

HAPPY HOUR MEDITATION GROUP TO MEET THROUGH AUGUST

The Friday Happy Hour Meditation group will continue to meet at the Southeast Steuben County Library through the month of August.

Meetings are held in the Laura Beer Community Room on Fridays at 4 p.m.

Dress comfortably for sitting meditation. Mats or chairs are available or participants can bring their own mats or cushions.

Sign up is suggested but not required. For more details, call (607) 936-3713 ext. 220.

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*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.*