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PRESENTS**

# **The Power of a Quiet Mind**

**Meditation Techniques Made Simple**

WITH ELIZABETH ALEKSINAS,

A MINDFULNESS MOTIVATIONAL SPEAKER OF  
BRAMASOLE FITNESS AND WELLNESS CENTER

**TO REGISTER: 860-567-7440**

**Discover convenient techniques and tools to help one regain the  
quiet spirit, reclaim the mind power.**

**The Quiet Mind is crucial for our physical and mental wellbeing.**

**It's time to become quiet and to invite peace, purpose and  
mindfulness into our lives.**

**THURSDAY,  
OCTOBER 19,  
AT 6:30 PM**