



Decisions at Every Turn Coalition & The Friends of the Ashland Public Library Community Programming presents:



## *Evening of Mindfulness & Meditation*

Thursday, January 7, 2016

7:00 PM – 8:30 PM

Ashland Public Library

Lower Level

*This presentation is appropriate for adults and kids (12+).*

*You can experience a happier and more peaceful life by learning to live a more mindful life steadied through a daily practice of meditation. Join **Lisa Campbell**, certified meditation and mindfulness instructor, for a fun and informative evening to learn about the many benefits of meditation. Lisa will guide you through a meditation designed for relaxation and teach you how to cultivate your own daily practice.*



*Lisa Campbell, a resident of Ashland, is a certified holistic health teacher, a certified meditation and mindfulness teacher, as well as a mother, wife, and U.S. Air Force veteran. She teaches meditation in the MetroWest area, at yoga studios, schools, and private homes. She is currently working on her certification from Warriors at Ease to teach trauma-sensitive meditation to active military, veterans, their families, as well as those dealing with PTSD, depression, and Traumatic Brain Injury (TBI). Learn more at [www.Mindfulfilled.com](http://www.Mindfulfilled.com).*

*This event is part of the Decisions at Every Turn Coalition and The Friends of the Ashland Public Library 2015-16 Community Programming series. **Programs are free and open to the public.** For more information about this program, please email [president@friendsoftheapl.com](mailto:president@friendsoftheapl.com).*



Ashland's Decisions at Every Turn Coalition is proud to recognize the federal Drug-Free Communities Support Program for funding and Wayside Youth & Family Support Network as its fiscal agent.

