

West Dennis Library Presents

TREASURE MAPS to Meditation

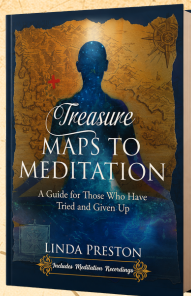
A GUIDE FOR THOSE WHO HAVE TRIED AND GIVEN UP



Join author Linda Preston as she shares insights from her new book and the transformative power of meditation. Learn practical techniques to help you reduce stress, quiet your mind, and connect with your true self.



Join Linda for a live demonstration of meditation techniques, followed by a guided meditation that everyone is invited to experience.



FRIDAY, AUGUST 14TH
2:00 PM

WEST DENNIS LIBRARY
FREE ● ALL ARE WELCOME



Linda Preston, LMT NKH

Healer ● Meditation Instructor ● Author

Linda Preston is founder of Cape Cod Body & Soul and has over 40 years of experience in the healing arts. In *Treasure Maps to Meditation*, she shares her practical, compassionate approach to helping others discover greater peace and well-being.



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