

BLACKSTONE
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LIBRARY

Happy International Day of Peace!

MINDFULNESS IN MOTION

September 21, 2023

6 PM

Robert Rivest's "Mindfulness in Motion" program helps teach the basics of mindfulness in a fun, entertaining way. Learn mindfulness exercises and stress relief techniques that will help you breathe, relax, focus, act, and interact mindfully.

***This program is brought to you
by funds collected from the Town of
Blackstone's Marijuana Impact Fees.***

Open to students in 5th-12th grade.

Registration is required.

Call (508)883-1931 to register.