



Meditation for Mental Health

Presented by Dhammakaya Meditation Center San Diego

Tuesday, July 1 & 15 • 6:30pm • Community Room

Tuesday, August 5 & 19 • 6:30pm • Community Room

Discover the benefits of mindfulness in Meditation for Mental Health, a class designed to explore how meditation can enhance mental well-being and happiness. This session introduces simple meditation techniques to reduce stress, improve focus, and cultivate inner peace, with practical tips for incorporating mindfulness into daily life.

No prior experience is needed—just bring an open mind and take the first step toward a calmer, more mindful life.



Allied Gardens/Benjamin Branch Library

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