



Health & Wellness Events

Sponsored by the James Hervey Johnson Charitable Educational Trust

Stay happy and healthy at the Central Library with free health and wellness events. No registration required, all ages welcome.

Tai Chi

Thursday, Nov 8 and 29 •
10am-11am • Garden
Courtyard, 1st floor

Meditation

Tuesday, Nov 20 and 27 •
10am-11am • Mary Hollis Clark
Conference Center, 1st floor



San Diego Central Library
@ Joan A Irwin Jacobs Common
330 Park Blvd, 92101 • 619-236-5800
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