Discover Gratitude’s Quiet Joys at the Ocean County Library Jackson Branch

JACKSON TOWNSHIP – If life seems like an uphill struggle, pause to count your blessings and feel an uplifting difference by taking part in “Mindfulness Meditation: On Gratitude” at the Ocean County Library Jackson Branch, 10:30 AM Saturday, May 18.

Instructor Shazia Zaman, CMMT, CMT-P, will lead this contemplative session with informational teachings, guided meditation and simply sitting in shared silence. A question-and-answer session will follow the exercise.

Shazia is certified in Mindfulness Meditation and Reiki Master and a Master Level Crystal Bowl Practitioner. She has completed courses in Mindful Self-Compassion and Trauma Sensitive Mindfulness.

The exercise is open to new and experienced meditation practitioners and enthusiasts and is an ideal introduction for anyone interested in knowing more about tapping into calmness and empathy.

Please register at https://tinyurl.com/OclJacksonShazia to take part in this free program, sponsored by Jackson Friends of the Library.

The Friends are volunteers who support the Library through programs, fundraising and advocacy. New members are welcome. Applications can be found at https://www.theoceancountylibrary.org/oclfriends and at any OCL branch.

For more information, stop by the OCL Jackson Branch, 2 Jackson Drive, call (732) 938-4400, or visit www.theoceancountylibrary.org/events.

Keep up with Library programs and events at www.theoceancountylibrary.org, and on Facebook, Instagram, X, YouTube, Spotify, and Pinterest.

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Shazia Zaman

FRIENDS of Ocean County Library

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