

# NEW EVENT AT OUR LIBRARY

## MINDFUL MOVEMENT & MEDITATION

With Leigh Ann Russo

MONDAYS, APRIL 14 & 28, 2025: 4 - 5 PM

Mindful movement allows us to check in with our bodies and get moving in a way that can help us lower stress, release stagnant energy and strengthen our mind-body connection.

It's a great way to practice self-care by incorporating  
Both mental and physical well being!



Join us at the  
*Marta-Beth Friedman Stirling Road Branch*  
*3151 Stirling Road, Hollywood, 33312*

Registration is available for you at our session.