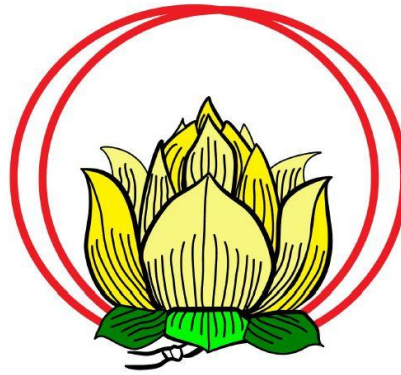


MEDITATION FOR CHALLENGING TIMES

A Free Four-Session Class Open to All



**4:30-5:30 pm Thursdays in October
(October 5, 12, 19, and 26)**

**Channing Murray Foundation
1209 W. Oregon St, on campus**

Learn meditation practices from the Buddhist tradition. No meditation experience needed.

**Taught by Rev. Florence Caplow
Zen teacher and Unitarian Universalist minister**

For more information and to register, go to
Facebook: <https://goo.gl/X9tsLC> or
<http://www.brownpapertickets.com/event/3076710>

Ground the body ~ Calm the mind ~ Open the heart