

### **Journal-Sentinel columnist to discuss mindfulness during Jan. 24 author talk**

Pewaukee-based psychotherapist, trainer, author and award-winning Journal Sentinel columnist [\*\*Philip Chard\*\*](#) will give a free talk in January at Mead Public Library on enhancing wellbeing through mindfulness and other contemplative practices.

The talk is slated for 6:30 to 8 p.m., on Wednesday, Jan. 24, in the Rocca Room.

Event is free, though space is limited. No registration required.

[\*\*Click for more details.\*\*](#)