



# Mindfulness Meditation

**Wed, Jan 23**  
**5:30 pm**

Professor Mindy Yale of PBSC Lake Worth will offer mindfulness tips, resources and a guided meditation as we ease into the New Year. Refreshments provided. (60 min.) Preregister.



## Loula V. York Branch

525 Bacom Point Road, Pahokee 33476

Phone: 924-5928



50th ANNIVERSARY



**Palm Beach County Board of County Commissioners**  
Mack Bernard, Mayor; Dave Kerner, Vice Mayor; Hal R. Valeche;  
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