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FOR IMMEDIATE RELEASE

CULTIVATE INNER PEACE AT THE SPRINGFIELD PUBLIC LIBRARY

(Panama City, Fla.) Are you looking for a way to reduce your stress and anxiety? Learn simple techniques on how to cope with stress by attending the “Cultivating Inner Peace” workshop at the Springfield Public Library on Saturday, April 22nd at 10 a.m. Reiki Teacher and Practitioner, Jacqueline Ramsey, will teach techniques in meditation, breathing, and directed thought. Mindful meditation is an easy way to help improve your mental and physical health. This free, 90-minute workshop is geared for beginners. Due to space limitations, registration is required. Call Frances Wittkoph at 850-872-7510 to reserve your spot.

The Springfield Public Library is located on 408 School Avenue, Springfield, FL 32401. Visit www.nwrls.com or call 850-872-7510 to find out more about this program and others.

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