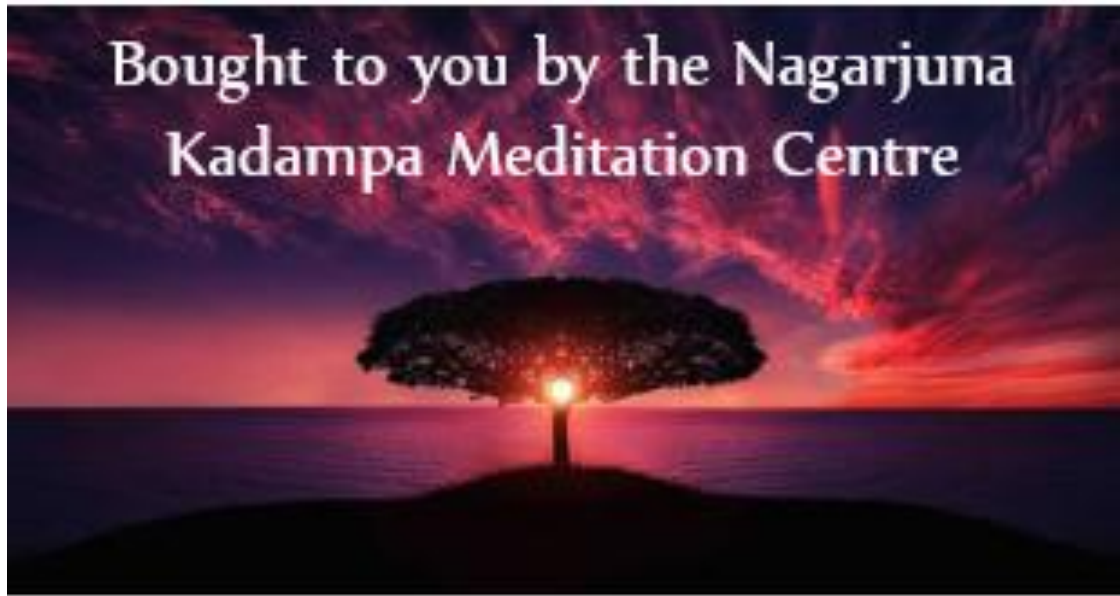


# LibraryPlus

## Meditation Mondays



### New 4 week Guided Meditation Course at Burton Latimer Library

Suitable for beginners and those who have attended  
previous courses

**5<sup>th</sup> February – 26<sup>th</sup> February 2018**  
**2.30-3.30pm**

£15 for the 4 week course, payable upon booking.

**Email:** [burtlib@firstforwellbeing.co.uk](mailto:burtlib@firstforwellbeing.co.uk)

**Phone:** 0300 126 1000 for more details.



Burton Latimer Library



First for Wellbeing delivering services  
on behalf of Northamptonshire County Council



Northamptonshire  
County Council