

# REDUCING ANXIETY THROUGH MEDITATION



Life in today's world is stressful. People are anxious about their health, finances, relationships, safety and work. Doctors and medical practitioners are promoting the benefits of meditation to relieve stress and anxiety.

By sitting in meditation, we can calm the body and the mind which can help us make better decisions and experience a reduction in our anxiety. Through meditation we can cope with the stresses of life.

Join **David Newcomb, long-time meditator**, for this informative lecture and short meditation.

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