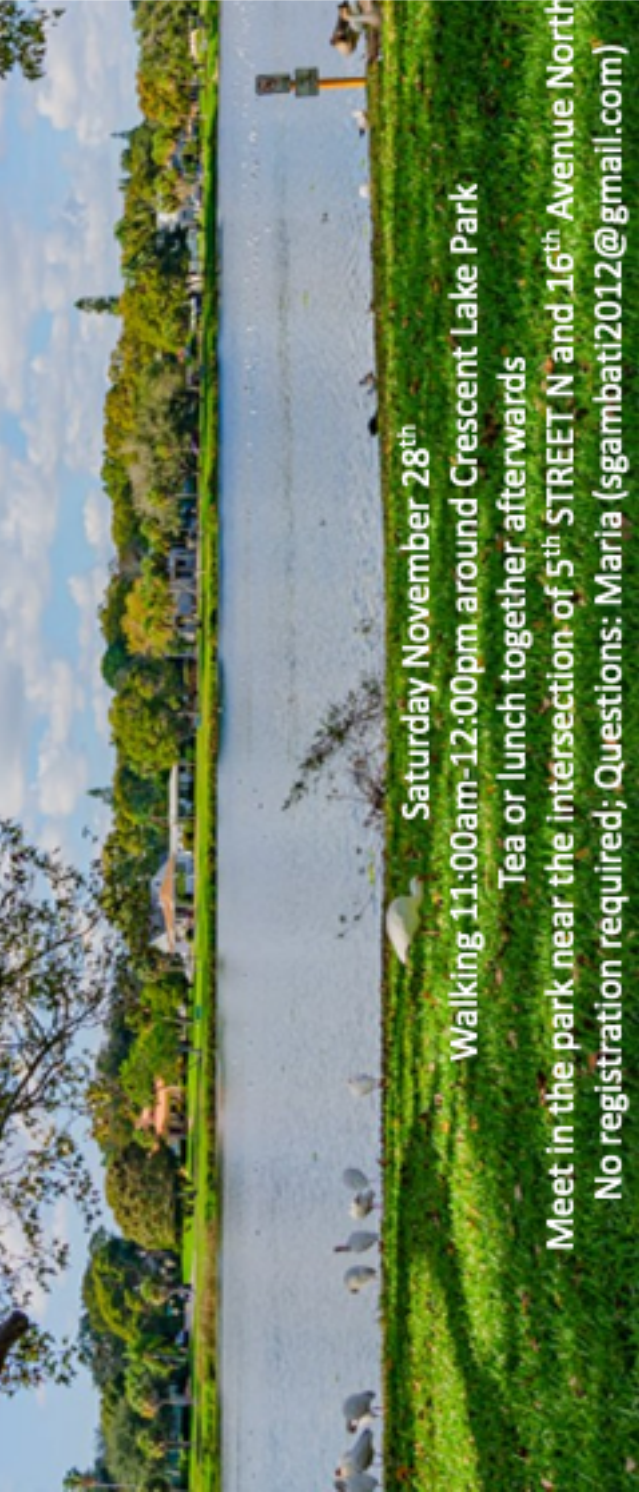




Please join us for a
Silent Guided Walking Meditation
In celebration of International Walking Meditation Day
This year's theme is Planting Seeds of Community



Saturday November 28th
Walking 11:00am-12:00pm around Crescent Lake Park
Tea or lunch together afterwards
Meet in the park near the intersection of 5th STREET N and 16th Avenue North
No registration required; Questions: Maria (sgambati2012@gmail.com)



PLANTING
SEEDS OF
COMMUNITY