

**CHICAGO  
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**CELEBRATING**

**DIVERSITY**



**2017 ASIAN AMERICAN AND PACIFIC  
ISLANDER HERITAGE MONTH**

# **MEDITATION & BREATHWORK**

**Wed., May 10 at 6:30 p.m.  
Edgebrook Library, 5331 W. Devon Ave.  
Community Room, 2nd Fl.**

In celebration of Asian and American Pacific Islander Heritage Month, join us for a workshop on guided meditation and breathwork that anyone can use as a means for stress relief. Presented by the Japanese Cultural Center.

Registration is required.  
Please register by phone or email at  
(312) 744-8313 or  
[edgebrook@chipublib.org](mailto:edgebrook@chipublib.org).

Ask your librarian or visit  
[chipublib.org](http://chipublib.org) for more information.

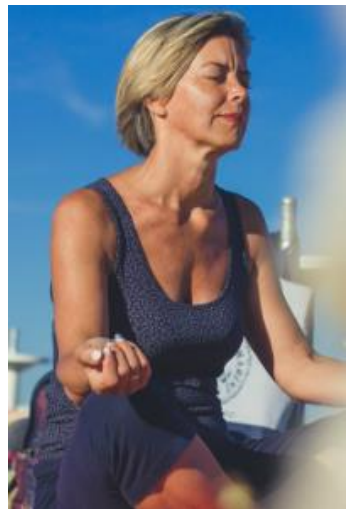


Photo source: sashameel, [Flickr]