



Meditation for Mental Health

Presented by Dhammakaya Meditation Center San Diego

Mondays, 3/17/25 & 3/24/25 • 6:30–7:30 pm • Community Room

Discover the benefits of mindfulness in **Meditation for Mental Health**, a class designed to explore how meditation can enhance mental well-being and happiness. These sessions introduce simple meditation techniques to reduce stress, improve focus, and cultivate inner peace, with practical tips for incorporating mindfulness into daily life. Participants will learn about the connection between meditation and mental health, engage in guided exercises, and gain tools to navigate life's challenges with greater clarity and balance. No prior experience is needed—just bring an open mind and take the first step toward a calmer, more mindful life.



Mission Hills-Hillcrest/Knox Branch Library

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