

# Meditation : An Antidote to Stress

John Bednarik, Long Time Meditator

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*Tuesday September 25<sup>th</sup> @ 7:00pm*

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Explore the healing power of meditation and learn how to create peace in your life in spite of the stress around you. This simple technique can be practiced daily for health, serenity and joy. You will be able to have a firsthand demonstration. Facilitated by John Bednarik, long time meditator.

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