

# Meditation

When you see the word  
“meditation” do you envision  
something like,



I know I did.

My name is Loretta Cheney. I'd love the opportunity to dispel the misconceptions surrounding meditation and share with you a practice that has brought me peace of mind, clarity and confidence.

It works for me and I'm confident it can work for you.

Where: the ACC's "Red Room"

When: Thursdays in April

Time: 6:00pm – 7:00pm