



# OCEAN COUNTY LIBRARY

Connecting People ... Building Community...Transforming Lives

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Susan Quinn, Director

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## PRESS RELEASE

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### **Ocean County Library Lacey Branch to Present Lovingkindness Meditation**

**LACEY TOWNSHIP** – Open the possibilities that spring from positives perspectives. The Ocean County Library Lacey Branch is pleased to present “Mindfulness Meditation: On Lovingkindness,” 2 PM Saturday, October 7.

Certified practitioner and Mindfulness Meditation instructor [Shazia Zaman](#) will lead the hour-long session, open to all ages and skill levels. Lovingkindness Meditation is designed to cultivate compassion and warm-heartedness, to deepen connections to others, and to increase joy and positivity.

Shazia Zaman’s meditation path began in 2013 at the international Monroe Institute. In addition to being a Mindfulness Meditation instructor, Shazia is a Master Level Crystal Bowl practitioner and a certified Reiki Master.

Please register at [www.theoceancountylibrary.org/events](http://www.theoceancountylibrary.org/events) for this free program. For more information, visit the OCL Lacey Branch, 10 East Lacey Road, Forked River, or call (609) 693-8566.

Keep up with Library programs and events at [www.theoceancountylibrary.org](http://www.theoceancountylibrary.org), and on [Facebook](#), [Instagram](#), [Twitter](#), [YouTube](#), [Spotify](#), and [Pinterest](#).

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**Shazia Zaman**

**Photo Courtesy of Shazia Zaman**

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