

The Pequannock Township Public Library presents:

Using Your Mind-Body Connection



With Gary McCabe

Wednesday, August 9th, 7 PM

Please call (973) 835-7460 to reserve a seat

Discover the power of your mind to positively affect your body and how your body can profoundly affect your mind. These holistic stress reduction techniques and explorations will be drawn from ancient disciplines like Tai Chi, Qigong and Yoga to little know modern Western Mind-Body disciplines. You will leave with tools for life and a new paradigm shift in thinking.

**Pequannock Twp. Public Library
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