



# NEWS RELEASE

Library and Museum Services Department

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WWW.ARCADIACA.GOV

## For Immediate Release

### Celebrate Mindfulness Month with Special Workshop, Storytime

May 10, 2023 – Learn the “Art of Mindfulness” at a special workshop hosted by Arcadia Public Library at 11 a.m. on Saturday, May 20, in the Cay Mortenson Auditorium. All ages are welcome, and reservations are not necessary.

Participants will learn the benefits and basics of mindfulness, then experience a guided seated practice, followed by mindful walking, and a seated loving-kindness practice. Participants will go home with the tools they need to bring mindfulness into their day-to-day activities for a more peaceful and present life.

The instructor, Amy Rutledge, is a certified meditation instructor from the Nalanda Institute of Contemplative Sciences in New York City. Amy found meditation as a way of healing when all else had failed and became an instructor as a way to help others.

Also, as part of Mindfulness Month, Children’s Services is also hosting a special Mindfulness storytime series for children ages four to eight. Children and their accompanying adults can hear stories, learn breathing and grounding exercises that can be used every day, and much more! The storytime is held on Tuesdays, May 16, 23, and 30, at 6:30 p.m. in the Jerry Broadwell Children’s Room.

Visit the Arcadia Public Library’s website at [www.ArcadiaCA.gov/library](http://www.ArcadiaCA.gov/library) or call the Adult Services desk at 626.821.5569 for more information. For information on the Mindfulness Story Time, please call Children’s Services at 626.821.5566.

The Arcadia Public Library is located at 20 W. Duarte Rd., Arcadia. The Library is open Monday through Thursday, 10:00 a.m. until 9:00 p.m. and Friday and Saturday, 10:00 a.m. until 6:00 p.m. You can also follow the Library on Facebook, Twitter, and Instagram.

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#### About Arcadia

Nestled along the rolling foothills of the San Gabriel Mountains and Angeles National Forest, Arcadia is a charming, family-oriented community with a population of just over 57,000. Located only 13 miles east from downtown Los Angeles, regional transportation networks like the Metro Gold Line connect Arcadia as a premier residential, shopping, and entertainment destination in the San Gabriel Valley. Arcadia is known for its top-rated schools, iconic landmarks, and serene neighborhoods. Arcadia is an award-winning community having been twice named as the

*Best City in California in which to Raise Kids* and the *2017 Most Business Friendly City* in Los Angeles County. With the conveniences and amenities of a full-service, mid-size city, Arcadia's "Community of Homes" provides a quality of life that will go [Above & Beyond](#) your expectations.

For more information, please visit [ArcadiaCA.gov](http://ArcadiaCA.gov) or follow us on Twitter by texting **DISCOVER** to **33222**:



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