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Meditate

On Wednesday, Oct. 28 drop-in to the Orangeville weekly meditation class at Princess Margaret Public School at 51 Wellington Street from 7?8:30 p.m. Each class consists of two guided meditations and a teaching to help us solve our daily problems, let go of negative minds and discover happiness within our own mind. $10 per class or $40 for any 5 classes. Theme for this evening: Essential Wisdom. For more information: www.kadampa.ca or call 1-866-523-2672.