



With this fast-paced world we live in, it's hard to unwind, relax and take care of our bodies. Whether it's the phone buzzing because you received another notification or your mind racing about all the things you have to do and don't want to forget, we all have a lot of distractions and stress. At the Aurora Public Library, we want to offer opportunities for our customers to not only have fun and discover new things, but to take care of mind, body and spirit.

Join us on Thursday, August 1 from 6:30 to 8:00 p.m. at West Branch to learn the Calming Effects of Meditation. Meditation can help alleviate many pains and have long term benefits from learning how to clear your mind to having a soothing effect on the nerves. Did you know the sympathetic nervous system is affected the most by anxiety, tension, fatigue and depression? Experts have proven that meditation alone can dramatically reduce the many negative effects brought about by these emotions. It is easy to practice and the benefits are grand. Expert Renate Lanotte MS LCSW will deliver this powerful workshop and teach you not only how to meditate, but the many benefits it can have on your life. Come learn a simple but time-tested technique and see for yourself!

Renate Lanotte was born in Austria where she received her doctoral degree in sociology in Amsterdam, the Netherlands, in 1976. She became a licensed psychotherapist working in multidisciplinary clinics in the Netherlands after completing her post graduate training. In 1985 Renate relocated to the United States, and pursued her Master's degree in Clinical Social Work from Fordham University. She then continued her work in the medical arena, treating psychiatric outpatients in the New York City area in a holistic manner, utilizing treatment modalities integrating body, mind and spirit.

As a practitioner of meditation herself for over 30 years, Renate firmly believes in a holistic lifestyle approach and in the healing power of meditation. She has been giving talks and workshops on the many benefits of meditation and how it can positively impact our mental, physical and spiritual health and well-being.