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# How to Stay Calm in a Time of Great Change

As the world transitions post-pandemic and faces uncertainties, many experience stress and anxiety. Join a seminar to explore predictions from ancient cultures and learn techniques to stay calm in the changing world. The session includes a guided meditation with Himalayan Singing Bowls for relaxation.

**FRI. JULY 12 AT 2:00 PM**

223 Douglas Ave. Dunedin, FL 34698

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