

# MINDFULNESS WALK

**ILSLEY PUBLIC LIBRARY  
SUMMER READING**

in partnership with Trail Around Middlebury  
in Battell Woods

Enter on Seminary St. Ext and follow  
the signs through the woods. Read  
the inspirational quotes and try your  
hand at short mindfulness activities  
you can practice anywhere.

We invite you to create fairy houses along the way.  
IPL will have a Make & Take Fairy craft each week at  
Garden Pick Up.

**JULY 6 - AUGUST 14**

