

Special Activities

Meditation and Mindfulness

Activity: **Meditation and Mindfulness**

Audience: 16+

Description: This interactive workshop offers useful ways to develop a meditation and mindfulness practice that brings more balance and calm to life. An opening talk supports how to use meditation to focus our breath and energy to stay more relaxed and centered; plus practical mindfulness tools for expanding positive energy and a deeper sense of awareness, clarity, and openness. There will be several (10) meditations and a group discussion to anchor ways to use these tools in our daily life.

Time: Monday, November 16, 6:30 – 8:30 p.m.

Facility/Sponsor: Ocean City Library, Room 116

Spaces Available: 25+

Contact: Kate Lutz (kate.lutz@gmail.com, 310-633-0027)

Family Fun with Queen of Lean

Activity: **Family Fun with the Queen of Lean**

Audience: Families, Children 4-12

Description: The “Queen of Lean” and her sprouts will be making a special appearance in an effort to encourage children to make healthy choices when choosing snacks and drinks. Come out and join the fun as the Queen raps and dances with her vegetables. The program will include a healthy snack, show and tell, and “How much sugar is in that?” where children visually see the amount of sugar in their favorite food products.

Time: Tuesday, November 17, 6:30-7:30 p.m.

Facility: OC Library

Sponsor: The Academy of the Culinary Arts

Spaces Available: 25

Contact: Chef Annmarie Chelius

Cancer Prevention

Activity: **Cancer Prevention Seminar**

Description of the event: According to the National Cancer Institute, in 2015, an estimated 1,658,370 people will be diagnosed with cancer in the United States, and an estimated 589,430 people will die of cancer. Cancer can be prevented! But how? Join us for our Cancer Prevention 101 workshop! This workshop will discuss risk factors, screening guidelines and why early detection and a healthy lifestyle are important to prevent cancer.

Time: Wednesday, November 18, 6:30-7:30pm

Facility: OC Library Room N110

Sponsor: Cape Atlantic Coalition for Health

Contact: Riddhi Desai, CHES, Co-Coalition/Outreach Coordinator

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