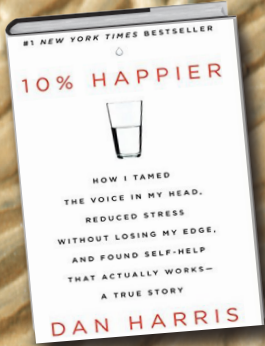


2016 One Book | One Town

SHARON READS TOGETHER



10% HAPPIER

An inspirational memoir by **Dan Harris**, ABC News Anchor and #1 New York Times best-selling author

Writing Contest

Deadline March 14th

Topic: Write about **HAPPINESS**. All genres accepted: memoir, fiction, poetry, essay, fantasy, etc. All ages, child to adult. 500 word maximum. Email to obotsharon@gmail.com or mail to: Writing Contest, 1267 Bay Road, Sharon, MA 02067. Guidelines at www.onebookonetown.org.



Book Discussions

Monday, March 7, 1:00-2:30 pm

With **Margret Branschofsky, SPL Information Services**. Sharon Public Library, 11 North Main Street.

Wednesday, March 16, 6:30-8:00 pm

With **Margret Branschofsky, SPL Information Services**. Sharon Public Library, 11 North Main Street.

Thursday, March 17, 7:00-8:30 pm

With **Ruth Weiner, Educator & Freelance Writer**. Barnes & Noble, Walpole Mall

Paint Night

Thursday, March 10, 7:00-9:00 pm with **Carol Abram, Artist and Graphic Designer**

Discover your inner calm while painting a meditative masterpiece. \$5 (adult) \$3 (seniors and students), purchased at the door. Sharon Adult Center (at the Community Center) 219 Massapoag Ave.

Event limited to 40 participants. Please RSVP to obotsharon@gmail.com

An Evening With Dan Harris

Monday, March 21, 7:00 – 9:00 pm

Talk and book signing at Sharon High School, 181 Pond Street

Tickets are \$5.00 (adult) \$3.00 (seniors and students) at Brown Paper Tickets www.obotsharon.brownpapertickets.com or at 1-800-838-3006.

Additional information at www.onebookonetown.org

Arrangements for the appearance of Dan Harris made through Greater Talent Network, Inc., New York, NY



Happiness Celebratory Reading & Awards

Saturday, March 26, 2:00 – 4:00 pm We invite winners to read their **HAPPINESS** writing entries. As time allows, others may read their submissions. Sharon Public Library, 11 North Main Street

Studio Tour of Sharon Community Television

Tuesday, March 29, 5:00 – 7:00 pm Want to see how a TV studio operates? Have you ever wanted to be on camera? Do you have a program idea? Come on in! All welcome. Sharon Community Television - 65 Pond Street

Joyful Music & Sing-Along

Saturday, April 2, 7:30 – 9:00 pm **Lisa Yves, Singer/Pianist** Music makes us happy! Open your hearts and sing your joy! Co-sponsored by and held at the Unitarian Church of Sharon, 4 North Main Street. Please, no parking in the circular drive

A Taste of Mindfulness

Sunday, April 3, 4:00 – 5:30 pm **The Sharon High School Mindfulness Club**, and advisor Randy Kafka. Learn easy mindfulness practices, and hear how the club members own mindfulness experiences have benefited them. For adults, teens and pre-teens Sharon Public Library, 11 North Main Street

Meditation, Your Mind and Body: An Expert Panel Discussion

Monday, April 4, 7:00-9:00 pm The effects and benefits of meditation on the brain from neurological, psychological and spiritual perspectives.

- **Darshan Mehta, M.D., Director of Benson-Henry Institute, Boston.**
- **David Vago, Ph.D., Lecturer at Harvard Medical School.**
- **Tsering lama Yodsampa, Tibetan Buddhist teacher, Chaplain at BIDMC.**

Sharon Public Library, 11 North Main Street

Introduction to Meditation and Yoga

Thursday, April 14, 7:30 – 8:45 pm **Robyn Parets of Breathe Joy Yoga.**

Experience meditation and basic Hatha yoga. Introductory class, open to all.

No experience necessary. Bring a yoga mat if you have one.

Sharon Community Center, 219 Massapoag Ave.

 **Eastern Bank**
charitable foundation

All events are free except for An Evening with Dan Harris and Paint Night. For more information and snow cancellations check www.onebookonetown.org.

Poster design by Carol Abram of Abram Design www.abramdesign.com

