



Lackawanna County

Commissioners

Jerry Notarianni • Debi Domenick, Esq. • Chris Chermak

Joseph A. D'Arienzo
Communications Director

County Government Center
123 Wyoming Avenue, 6th Floor
Scranton, PA 18503
t (570) 963-6750 f (570) 963-6812
h (570) 343-1461 c (570) 430-8254
darienzej@lackawannacounty.org

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Meditation On The River

Lackawanna County through the ARTS Engage! Program is sponsoring *Meditation On the River*, featuring meditation and music at Sweeney's Beach, 40 Poplar Street, Scranton, beginning this Sunday, August 1 and running until August 29 from 9 AM – 10 AM.

Dealing with COVID-19 has been the cause of much stress and anxiety in Lackawanna County and this program aims to offer an opportunity for relaxation and stress relief for better mental health. Participants will be taken through an hour of meditation led by Donya Jackson of Breathe and Prosper.

The series is also designed to encourage visitation to Sweeney's Beach in the Pinebrook section of North Scranton, an underutilized space along the Lackawanna River. Local musicians who have lost revenue to due to COVID-19 will be performing at the program.

For more information on this free program, contact the Lackawanna County Arts and Culture Department at 570.496.1724 or email arts-culture@lackawannacounty.org. A Facebook page has been created with additional information about the series.