

March 31, 2007

**Quad City Labyrinth Project to Hold Labyrinth Talk & Walk
at Scott Community College**

Take a few moments to participate in a moving meditative experience by walking the labyrinth with Quad City Labyrinth Project at Scott Community College on Wednesday, April 25, in the Student Life Center. The afternoon's activities begin at 11 a.m. with a brief presentation on labyrinths presented by QCLP Executive Director Dr. Patricia McLaughlin, followed by an open labyrinth walk from 11:30 a.m. until 2 p.m. This Talk & Walk event is open to the public and admission is free. Finger labyrinths will be available for those unable to walk.

Quad-City Labyrinth Project is a 501(c)3 non-profit organization whose mission is to educate the public about the benefits of using labyrinths for physical, mental, emotional and spiritual well-being for people of all walks of life and all paths of faith.

Walking a labyrinth – or tracing a finger labyrinth – stimulates the relaxation response in the human brain and promotes stress reduction and inner tranquility, as well as triggering creativity and problem-solving skills. Quad-City Labyrinth Project is the premier provider of labyrinth-related information, products, and services in the Quad-City metro region. QCLP offers a variety of educational programs and services that teach others how to use the labyrinth to support self-care, solve problems, resolve conflict, promote health, improve productivity, and build community.

To learn more about this and other events, or to become a member or volunteer, call (563) 323-1737, or send an email to qclabyrinth@aol.com. Visit the Quad City Labyrinth Project's Web site at www.qclabyrinth.org to learn all about the organization's mission, events, people and plans.