

The Palmer Public Library  
Presents:

A Talk with Ellie Dias  
about Her Travel Memoir  
about the Himalayas

*Big Red: How I Learned  
Simplicity from a Suitcase*

Wednesday, November 15  
6:00 p.m.— 7:00 p.m.

Hoping to find simplicity and contentment, Dias planned her trip of a lifetime to the Himalayas. Result: everything that could go wrong on her spiritual journey did.



1455 North Main Street

The presentation will be accompanied by photographs and videos of her experiences with the Himalayan people and their venerable cultures.

Ellie Dias is a former biology professor and devotee of Buddhism, meditation, and Yoga. Her book, *Big Red*, chronicles her search for simplicity while lugging a ninety-five pound suitcase full of her bare necessities.

Registration is suggested but not required. For more information or to register, please call (413) 283-3330, ext. 100, or email Joanne Szelag,

