



Woolwich Counselling Centre Presents...

# Mindfulness

Adult Workshop

This 6 week course will help you discover a healthier, more relaxed and focused you.



**May 24, 31, June 7, 14, 21 & 28, 2017**

**6:30-8:00 pm**

**Fee: \$100**

**PRE-INTERVIEW REQUIRED**  
**Please call 519-669-8651 to register**  
**by February 10, 2017**