



Woolwich Counselling Centre Presents...

## The Unlimited Benefits of Mindfulness Adult Workshop



**Mindfulness is proven to be highly effective for both emotional and physical health, including anxiety, depression, high blood pressure, heart disease, sleep disorders and chronic pain.**

**This workshop will provide participants with a thorough understanding of mindfulness and the well-being it can bring to our lives.**

**Thursday January 19, 2017**

**7:00-8:00 pm**

**Fee: \$15**

**Please call 519-669-8651 for more information**