



Woolwich Counselling Centre Presents...

What is 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.

Jan 13, 2020

7:00-8:00 pm

Fee: \$20/person

Please call 519-669-8651 for more information