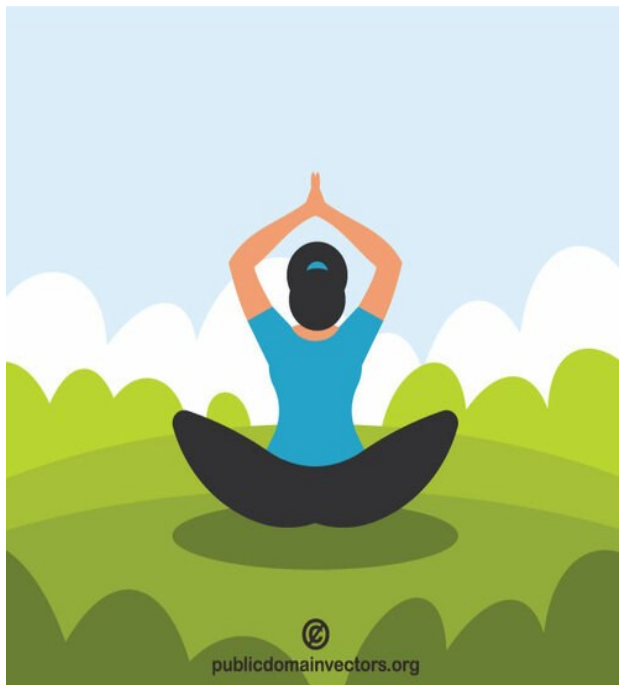


## Morning Wellness in the Park



Surrounded by nature and connecting with others, come get active by engaging in some fun activities, including yoga and mindfulness. Meet us in the park each week to explore some new ways to take care of your brain and body.

**Every Wednesday in July and August**

**11:00am-12:00noon**

**Ages 11-14**

~ No Cost Group

~ Pre-registration required as limited spots available

~ Please register at least one week before each session

**Please call 519-669-8651  
or email: [info@woolwichcounselling.org](mailto:info@woolwichcounselling.org)  
for more information or to register**