

**WOOLWICH
COUNSELLING
CENTRE
PRESENTS**

WHAT IS MINDFULNESS?

ADULT WORKSHOP

No cost, virtual workshop

Mindfulness is proven to be highly effective for both physical and emotional 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.

MONDAY, MAR. 7 2021

7-8 PM

LEARN MORE AND REGISTER:



519-669-8651



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