

**WOOLWICH
COUNSELLING
CENTRE
PRESENTS**

MINDFULNESS LUNCH BREAK

ADULT GROUP

Virtual group

Join us for a 5-week mid-day break to re-centre and de-stress to improve focus and concentration, restoring your daily well-being.

FEE*: \$50

*Further subsidies available if needed.

**THURSDAYS, OCT. 13, 20, 27,
NOV. 3, 10 2022**

12:30-1 PM

LEARN MORE AND REGISTER:



519-669-8651



INFO@WOOLWICHCOUNSELLING.ORG



65 MEMORIAL AVE, ELMIRA



FOLLOW US

