

**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.

**TUESDAYS, MAY 9, 16, 23, 30,
JUN. 6 2023**

12:30-1 PM

LEARN MORE AND REGISTER:



519-669-8651



INFO@WOOLWICHCOUNSELLING.ORG



65 MEMORIAL AVE, ELMIRA



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