

**REGION OF
WATERLOO
LIBRARY
AND
WOOLWICH
COUNSELLING
CENTRE
PRESENT**

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, JAN. 16 2023

7-8 PM

REGISTER:

**[RWLIBRARY.LIBNET.
INFO/EVENT/7593952](https://rwlibrary.libnet.info/event/7593952)**

SCAN ME

