

**WOOLWICH  
COUNSELLING  
CENTRE  
PRESENTS**

# **MORNING WELLNESS IN THE PARK**

**BREATHING, MINDFULNESS  
AND YOGA PROGRAM  
FOR AGES 10-12**

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. Yoga mats will be provided.

**FEE\*: \$5 FOR  
3 SESSIONS**

**\*Further subsidies  
available if needed.**



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**JULY 4, 5, 6 (TUES., WED., THURS.)  
OR**

**AUG. 1, 2, 3 (TUES., WED., THURS.)  
11 AM - NOON EACH DAY AT  
GIBSON PARK PAVILION**

**AGES 10-12**

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**LEARN MORE AND REGISTER:**



**519-669-8651**



**INFO@WOOLWICHCOUNSELLING.ORG**



**65 MEMORIAL AVE, ELMIRA**



**FOLLOW US**

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