

June Wellness Opportunity!

We have collaborated with the Town of Penetang, and will be hosting a 4 week Well 'Baying ;) Series for anyone interested in bringing some activities that nurture your mindset, movement and momentum. Proceeds from the program will come directly back to Wellness initiatives and programming for our staff here at Waypoint!



HER - HEALTHIEMPOWERIRISE - WELLBAY'ING SERIES

Liz Everett and Jillian Le Gros

4 weeks of Mindset, Self-Discovery, Growth and Vision by the beautiful Georgian Bay. Arrive each session with an open mind to welcome and embrace lifestyle habits that help you thrive amongst all the chaos and commitments. This program will encourage a wellness space that takes you from 'needing a fire lit under you' to empowering you to discover what it feels like to be 'lit up from within'! In this program, we will share energy, and actionable tools to create an impactful and meaningful wellness lifestyle. This program encourages you to start at something new in any and all aspects of your lives, find confidence in clarity, and reframe how the tough things in life actually serve us to take purpose driven action towards feeling like our best selves through wellness activities, mindfulness and movement. You don't want to miss this opportunity for self-care! Session breakdown: Mindset Practice (10 minutes), Wellness Activity (20 minutes), Low Impact Movement (20 minutes). This program is run by Trainers and Mindfulness Facilitators in support of Waypoint Staff Wellness. **Please bring: Journal, pen, yoga mat, water.**

Dates: Tuesday June 6, 13, 20, 27 | Time: 6:00 - 7:00 PM | Penetanguishene Amphitheatre | \$40 +HST

To register, please click here:

<https://www.penetanguishene.ca/recreation-and-culture/recreation-programs/>