



Interested in exploring and engaging in mindfulness practices?
Now is your chance to try the new 4 week Learning program!

Mindfulness can help calm anxiety and build healthy coping skills. Being mindful is what it sounds like; taking time to focus on the present, being intentional and thoughtful about where you are and how you are feeling. Trying to center your thoughts and be in the moment. Sounds simple, but it takes work, especially now when concerns about what the future holds feels so pressing. Mindful activities can help. It doesn't have to be complicated.

This 4 week virtual class is only 45 minutes a week for four weeks to learn, engage and build in the opportunity of being present and mindful. The class is open to newbies and those who already practice mindfulness.

Have you already participated in the 4 week Virtual sessions? This wonderful new opportunity that was created from that and start's next Thursday.

Email wellness@waypointcentre.ca to reserve your spot in the June sessions.