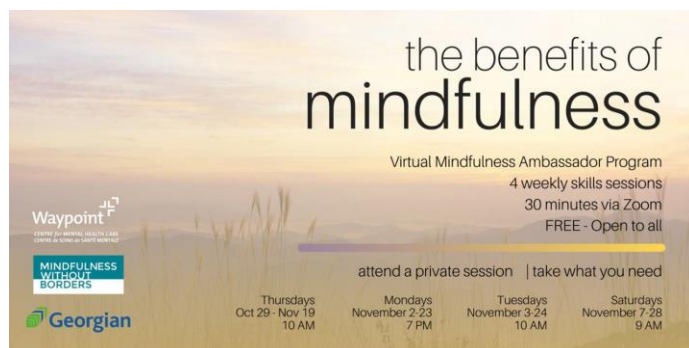


New Virtual Mindfulness Ambassador Program dates for November!



In these trying times, incorporating mindful practices into your daily routine 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 feel so pressing.

Mindful activities can help. It doesn't have to be complicated.

This virtual class is a great opportunity to increase access to wellness services, on your unit or at home.

It's just 30 minutes a week for four weeks to refresh, and practice self-care.

The class is open to newbies and those who already practice mindfulness.

It's free and anyone can join, including your family and friends.

As a worker in a healthcare setting, you would also be eligible to participate in a survey to receive a \$25 gift card!

Follow this link to register and select the class that best suits your schedule.

Once registered, further information will be supplied by the facilitator.

<https://www.eventbrite.ca/o/waypoint-centre-for-mental-health-care-18013414379>

