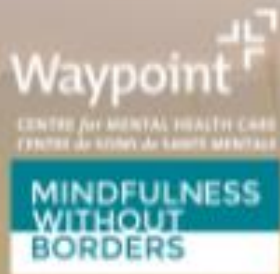


mindfulness ambassador program

8 FREE skills sessions - 35 minutes via Zoom
attend a private session - take what you need



Thursdays at 10:30 am
January 13th, 20th, 27th
February 3rd, 10th, 17th, 24th
March 3rd

To register email wellness@waypointcentre.ca or visit the Eventbrite link

NEW! 8 Week Mindfulness Skills Group—FREE!
To register, please email wellness@waypointcentre.ca