

# Mindfulness

## Monday's & Friday's

Gift yourself 10 minutes at the  
beginning and end of the week to  
*reset & recharge*

**9:00 am**

**Join Zoom Meeting**

[https://waypointcentre-ca.zoom.us/j/5683851644?  
pwd=RmF1TE5Eam5CS1dXdS80VTV2dGJPUT09](https://waypointcentre-ca.zoom.us/j/5683851644?pwd=RmF1TE5Eam5CS1dXdS80VTV2dGJPUT09)

**Meeting ID: 568 385 1644**

**or email [wellness@waypointcentre.ca](mailto:wellness@waypointcentre.ca) for the link**

New! Start and end your week now with a mindfulness practice.  
Mondays and Fridays at 9:00 am.

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