

MONDAY MORNINGS
9:00 AM
ZOOM: 568 385 1644

WEDNESDAYS
8:30 AM & 12:00 PM
ZOOM: 568 385 1644

1

2

Mindfulness Opportunities

Wellness@Waypoint

3

4

FRIDAY MORNINGS
9:00 AM
ZOOM: 568 385 1644

- 10 MINUTE RECORDINGS ON OUR PHSW INTRANET PAGE
- SCHEDULE A 4-6 WEEK PROGRAM FOR YOUR TEAM

**A huge shout out to our mindfulness leaders
Kelsi Maracle-Dorion, Laura Naumann & Veronca Daffern**