

mindfulness

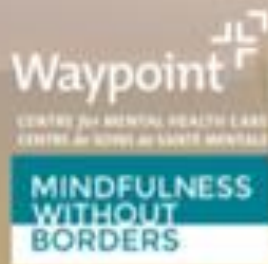
ambassador program

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

2 days to choose from:

Tuesday September 7th, 14th, 21st, 28th
12 PM

Thursday September 9th, 16th, 23rd, 30th
10 AM



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