

60 Minute Mindfulness

Please join us for a 60 minute session to help us become more focused, relaxed, and kind to ourselves and others

Where

- Sessions will take place over Zoom (computer and internet access required)

When

- 5 weeks including April 13, 20, 27, May 4, 11
- Tuesdays at 1:30 - 2:30 pm
- Each session is 60 minutes long
- Participation in all 5 weeks is encouraged, but not mandatory
- Program is FREE, but registration is required

Who

- Individuals 55+
- And / or adults with physical disabilities
- No previous experience necessary

How

- Please call **613 - 591 - 3686 x 327** to register or for more information



Veillez noter que ce programme est disponible seulement en anglais