

MINDFULNESS WORKSHOP

Thursday June 25th, 2020

7:00 PM - 8:30 PM

**ZOOM ONLINE
VIA SMART DEVICE OR COMPUTER**

What is Mind-FUL-ness ?

The practice of being fully present and accepting your thoughts, feelings and physical sensations from moment to moment. Oh and you are doing this on purpose, without judgment or interpretation.

**Please let us know if you require an
accommodation for this workshop**

**Call 905.528.6611 or email
monica.franklin@pathemployment.com to register**