

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

