



Hamilton Urban Core
Community Health Centre
invites you to attend

Serenity N' Motion

*A Virtual Health and Wellness Series
to inspire and support women*

10 sessions include:



Tips for coping with stress, grief & loss

Techniques to help you set boundaries and find your voice

Learn about women's wellness

Finding your value and happiness in everyday living

To register or for information please call:

905-522-3233

Don't Delay! Register Now!

Every Wednesday starting September 23, 2020

1:00pm — 2:30 pm

All Sessions provided through ZOOM