



## **Self-Care and Mindfulness for Newcomers.**

**Online: Wednesday, June 2 at 2:00pm.**

**Presented by Patrice Palmer,  
Mindful Instructor and Adult Educator.**

### **Learn:**

- ✓ **Coping strategies for a work-life balance.**
- ✓ **Mindful practices to relieve tension and build an overall healthier lifestyle.**

**To register, email:  
[nlc@hpl.ca](mailto:nlc@hpl.ca)**

Funded by:

Financé par :



Immigration, Refugees  
and Citizenship Canada

Immigration, Réfugiés  
et Citoyenneté Canada