



# A Night of Networking & Mindfulness

building the community of people who practice or teach mindfulness in Hamilton

## JOIN US FOR AN EVENING OF:

Breakout Sessions - Facilitators/Practitioners | Community Events | Networking  
Guided meditations  
Light refreshments

Thursday, March 2, 6:00 - 8:00 pm

McMaster Innovation Park | 175 Longwood Road South | Conference Room 1 CD

To register and for more information:

[www.eventbrite.ca/e/a-night-of-networking-and-mindfulness-tickets-519663516567](http://www.eventbrite.ca/e/a-night-of-networking-and-mindfulness-tickets-519663516567)

FREE  
ENTRY  
BUT PLEASE  
REGISTER

PRESENTED BY:



[mindfulnesshamilton.ca](http://mindfulnesshamilton.ca)  
[mindfulnesshamilton@gmail.com](mailto:mindfulnesshamilton@gmail.com)

