

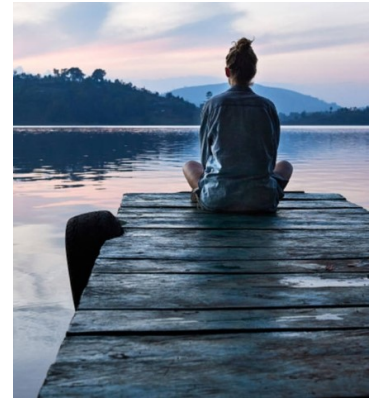
Meditation & Mindfulness Practice Support Group To Reduce Stress

3rd Wednesday of each month at 7pm

WHAT: Practice modern meditation and mindfulness with our volunteer

WHEN: 3rd Wednesday of each month from 7:00—8:30 pm

Class starts at 7pm SHARP
Due to the quiet nature of meditation, latecomers may not be admitted



January 18, February 15 and March 15, 2023

WHERE: Online through Zoom
Details will be sent to your email so you can join the sessions

FREE & Open to Everyone in the Community
who has taken a meditation session or practices a meditation technique in their everyday life

Facilitated by BQWCHC Volunteer

ADVANCE REGISTRATION REQUIRED

For more information or to register, please call
613-962-0000 and press 0 for Reception

Please Note: Group programs may be cancelled with short notice due to COVID-19



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Website: www.bqwchc.com