

Stressed out?

Try Meditation and Mindfulness Group

WHAT: Explore modern meditation and mindfulness practices with our volunteer, a certified Meditation and Mindfulness teacher

WHEN: THURSDAYS, January 19, 26 and February 2, 9, 2023
from 10:00 TO 11:00 am
Class starts at 10 am SHARP

Suggest to join the group between 9:45 and 9:55 am. Due to the quiet nature of meditation, latecomers may not be admitted.

WHERE: Online through Zoom

FREE & Open to Everyone in the Community!

Facilitated by BQWCHC Volunteer

ADVANCE REGISTRATION REQUIRED

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

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

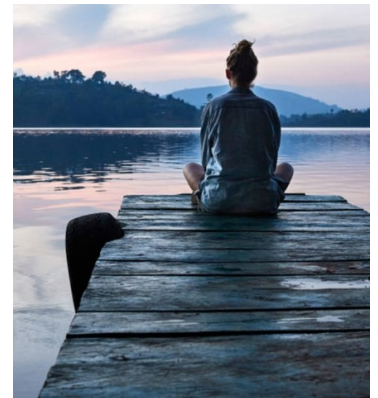


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Health & Wellness