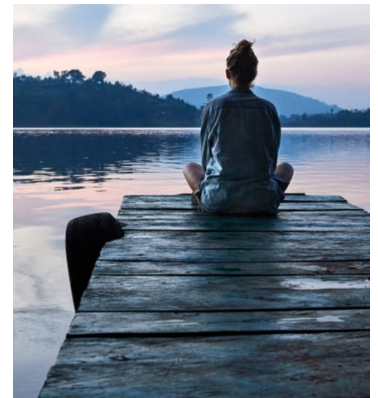


# Meditation & Mindfulness To Reduce Stress

**Thursdays at 9:45 am  
Begins May 5**

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



**WHEN:** **THURSDAYS from 9:45 TO 11:15am**  
Class starts at 9:45am SHARP  
*Due to the quiet nature of meditation, latecomers may not be admitted*

**May 5 to June 9, 2022**

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

**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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Website: [www.bqwchc.com](http://www.bqwchc.com)



Health & Wellness