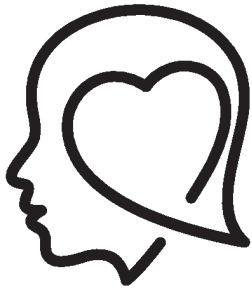



# Mindfulness Workshop

October 16th, 5 pm- 7pm

- Guided meditation
- Mindful movement
- Breathing techniques



Learn how to stay present and gain the non-judgmental stance through mindful movement, breathing to help reduce anxiety and depression.

 705-743-2272 ext 308

 540 George St N, Ptbo

 [www.ccrcc-ptbo.com](http://www.ccrcc-ptbo.com)

**CCRC**   
Turning things around