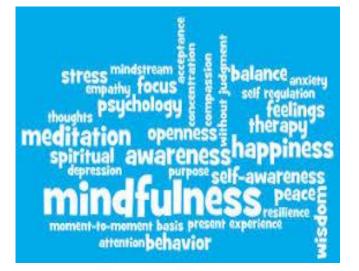


## **BASED STRESS REDUCTION**



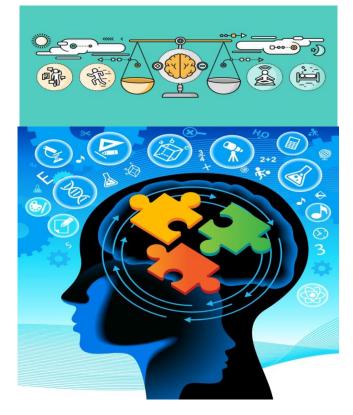
## Ms. Natalie

a registered social worker & master of MBCT

is invited to present, exercise demonstration and practice

## Míndfulness

- What is Mindfulness?
- How this exercise works?
- Ability to improve life quality?
- Has positive changes on brain?
- Healing from life stressors?
- Mindfulness is superpower?
- Reduce chronic pain?
- What ways to be mindful?





Free Presentation & Workshop held at:Date :Sunday August 26, 2018Time :2:00pm to 3:30pmPlace :Crosby Memorial Community Centre,<br/>Main Street, Unionville, (Upper Level)