

Mindfulness

BASED STRESS REDUCTION



Ms. Natalie

a registered social worker
& master of MBCT

is invited to present,
exercise demonstration and practice

Mindfulness

- 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?



AGOAC

Free Presentation & Workshop held at:

Date : Sunday August 26, 2018

Time : 2:00pm to 3:30pm

Place : Crosby Memorial Community Centre,
Main Street, Unionville, (Upper Level)