

Mindfulness Meditation for Caregivers 2017

An 8 Week course on living life more fully, more mindfully.



During this program we will explore both formal and informal mindfulness practices. Weekly discussions regarding our experiences, challenges and our insights will support our learning. Registration is required; this is not a drop-in program.

When: **Every Monday, April 3-June 5, 1:00-3:00 PM** **no class April 17 & May 22

Where: **The Anne Johnston Health Station**

For more info or to register please contact, Sasha Whiting, Health Promoter:

Phone (416) 486-8666 Ext. 299 or E-mail: sashaw@ajhs.ca



The Alzheimer Society of Toronto is pleased to offer a concurrent respite session on site for your family member with dementia. For more information, please contact Romina Oliverio, Community Programs Coordinator at: (416)-640-6330 or roliverio@alzheimerontario.org



The Anne Johnston Health Station, located at 2398 Yonge Street



