

Mindfulness Meditation 2017 Drop-In Program



Drop-in sessions are designed for those who have previously participated in mindfulness meditation. Each session will be structured around three elements: a guided meditation, individual home practice, and may include a brief talk on a theme related to our intention to lead a more mindful life.

When: Jan. 20, Feb. 17, Mar. 17, April 21, May 19, June 16

Time: 1:30 PM– 3:00 PM

Where: The Anne Johnston Health Station

For more info please contact Sasha Whiting, Health Promoter:

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The Anne Johnston Health Station, located at 2398 Yonge Street