



Meditation & Mindfulness Practice Support Group To Reduce Stress

3rd Wednesday of each month at 7pm

WHAT: Practice modern meditation and mindfulness with our volunteers

WHEN: 3rd Wednesday of each month from 7:00—8:30 pm

Class starts at 7pm SHARP

Due to the quiet nature of meditation, latecomers may not be admitted

September 21, October 19, November 16 & December 21, 2022

WHERE: Online through Zoom

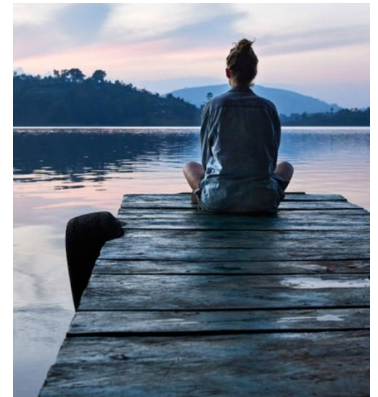
**FREE & Open to Everyone in the Community
who has attended a Meditation and Mindfulness group**

Facilitated by BQWCHC Volunteers

ADVANCE REGISTRATION REQUIRED

For more information or to register, please call

613-962-0000 and press 0 for Reception



Please Note: Group programs may be cancelled with short notice due to COVID-19



Like us on Facebook!



Follow us on Instagram!

Website: www.bqwchc.com