

*Sharbot Lake*  
Family Health Team

# Mindfulness Drop In Sessions



Mindfulness is a simple, yet profound way of relating directly to whatever is happening in our lives, including the challenges of stress, pain, illness and everyday demands.

The Mindfulness Drop In sessions are for anyone who would like to practice meditation in a safe and comfortable group setting.

*Sharbot Lake*

Family Health Team



This weekly hour of guided mindfulness practice is open to anyone.

Each session involves various meditation practices and gentle mindful movement.

No experience is necessary.

## Drop In Session Details

When: **Tuesdays**

Time: 1:00pm-2:00pm

Location: Community Room  
(Lakeside Entrance)

Call

613-279-2100

to register  
or email

[programs.slft@gmail.com](mailto:programs.slft@gmail.com)

Ontario

